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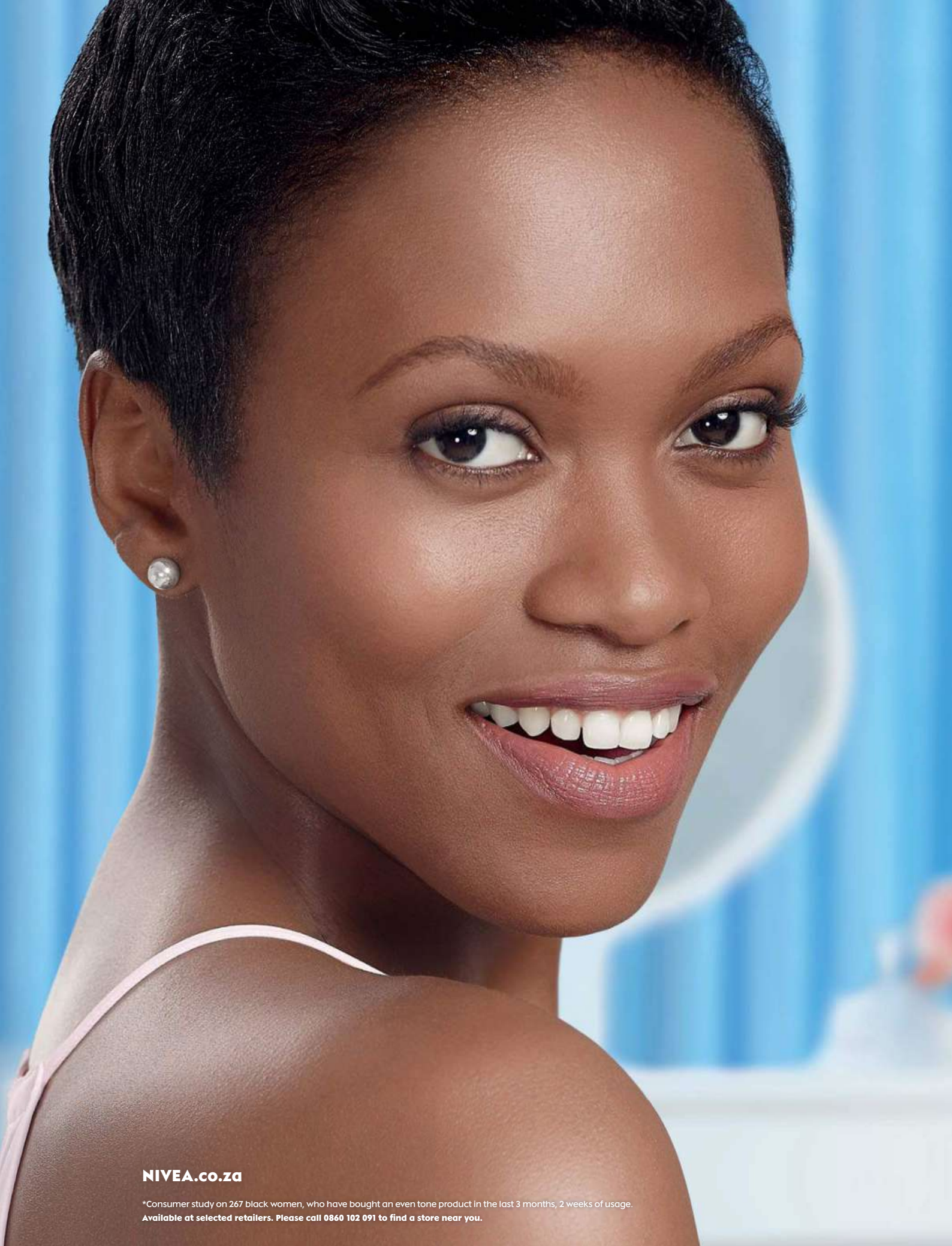
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Beauty for a Purpose

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'If you disrespect me, I can't say that I won't come at you'

DON'T EXPECT DEMI LOVATO TO FIT ANYONE ELSE'S MOULD

30

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COVER STORIES

This October, we amp up your exercise routine so you can Get the Max out of Every Move (p76) and ask Seriously, How Can You Not Know You're Pregnant? (p80). It's fashion-week BTS time in Front-Row Confidential (p98); we also tell you How to Start a Business When You Already Have a Job (p124). Things get slightly spooky in love with Why Is Ghosting Still Haunting Us? (p134) and the 10 Fun Freaky Sex Moves for Halloween (p138).





FEATURES

Find out Why Your 20s Are the Most Important Decade of Your Life (p82), Don't Laugh at Us Just Yet (p86): 'odd' stress relievers that totally work, read real-life accounts of The Morning After ... My Life Changed Forever (p88) and buck the terrifying new trend of Women Taking Date-Rape Drugs ... For Fun (for real!) (p94).

CELEB SCENE

Fall in love with COSMO guy Ryan Guzman (p19); 11 Reasons We're on Twitter: The Funny Females Edition (p20); Comedy's Newest It Girl: Amy Schumer (p22); Hollywood's Hottest Sons (you're welcome!) (p24); Why We Need Female Villains (p26); and model Chantelle Winnie on what it's like to live In This Skin (p28).



BEAUTY

Matte neon rules in Hello, Sunshine! (p37). Are You a Kendall or a Kylie? Find out (p38). #AskJuana any beauty question – she answers in 30 words or less (p42) – and get the Best from the Beauty Desk (p44). Get The Skinny on Oily Skin (p46) and celebrate the Return of the Face Mask (p48) before having a 5-Minute Makeover to Look Hot after a Workout (p50) and choosing the right makeup tool in Brushology (p52). There's also A-List Beauty advice from local celebs who look good always (p114).

FASHION

Come Slither into the sexy print that's making us feel *all* the feels (p55) – or go full-pattern in Jungle Massive (p56). Find your Shorts Stars in time for the beach (p58) before learning How to Wear a Jumpsuit day and night (p60). Boity Thulo slays summer trends in Worn This Way (p62). Get It White from head to toe for under R650 (p64), take an Urban Safari without looking like a game ranger (p66), read fashion director Poppy Evans's Show Notes (p68), and be The New Girl in the latest trends (p106).

BODY

Stop worrying about your size: Love More, Lose More (p69), and get caught up on all the Body News (p70), Fitness Buzz (p72) and Food Buzz (p74).

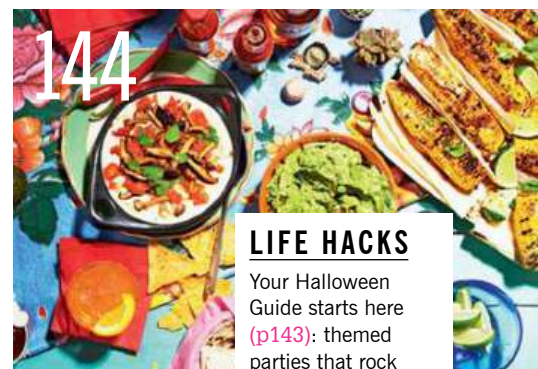
CAREER & CASH

Bust The Myth of the Queen Bee (p121), Flip It ... Without Flipping Out (p126) and read about Making Stokvels Work for You (p128).



Go from full-time employee to full-time employer

IT MIGHT BE TOUGH BUT IT'S NOT IMPOSSIBLE. GET STARTED NOW!



LIFE HACKS

Your Halloween Guide starts here (p143): themed parties that rock (p144), celeb dress-up ideas (p148) and Spooky Nails that'll get you extra treats (p150). Live it up with 12 Things to Do This Month (p152) and super-smart Drinking Buddies to keep you safe when you're jolling (p154).

LOVE LUST

You can Fall in Love with Anyone... Yes, really! (p131). Got questions for guys about guys? You can Ask Them Anything (p136) and master the male brain in Manthropology (p140).

YOU CAN WIN!

- 130 **ONE OF 13 FRAGRANCE HAMPER COURTESY OF THIERRY MUGLER**
- 142 **ONE OF TWO DIAMOND RINGS COURTESY OF NWJ**

Our cover star: Demi Lovato

Photography Tesh Fashion Aya Kanai Hair Ben Skervin Makeup Jill Powell/Dew Beauty Agency Manicure Mei Kawajiri/Orme Square Props Jared Lawton/Apostrophe

Re-create her look with Maybelline cosmetics

Her face Superstay 24HR Makeup (R180) Classic Beige with Dream Bouncy Blush (R99,95) 03 **Her eyes** Brow Satin Filling Powder Duo (R110) Dark Brown and Brow Drama Sculpting Brow Mascara (R99,95 at Clicks) Soft Brown with Diamond Glow by Eye Studio Eye Shadow (R140) Coffee Drama and The Colossal Go Extreme! Mascara (R135) Leather Black **Her lips** Color Sensational Lipcolor (R120) Velvet Beige **Her dress** Alexandre Vauthier **Her earrings** Rebecca Minkoff **Her necklace** Sydney Evan **Her bracelet and ring** Yeprem Jewellery

I AM JUICY COUTURE

THE NEW FRAGRANCE



Juicy Couture

#iamjuicycouture

It's Time to Make Time for You

The Businesswomen's Association recently invited me to present my time-management insights to its Millennial members, who form part of its FastTrack2Success programme. Yes, the editor of COSMO was asked to talk about juggling balls. I chuckled too.

When I started working on the talk, my first thought was, 'Who the hell has time for time management?' We are all stretched, doing more with less. We have jobs that demand excellence, families who expect commitment, friends who require investment, boyfriends who need us to be present.

And where do you fit into all of this? Not just the you who wants to lie on the couch and binge-watch the last seven episodes of *Ray Donovan* (because *errbody* should make time for that) but the you who wants to change direction, perhaps start your own business. How do you chase your entrepreneurial fantasies when you already have a full-time job (because bills)? Writer Lesley Marchant explores this on page 124. Mostly it's about commitment, stamina and discipline. Discipline, discipline, discipline. Which is exactly what I needed to compile my BWA presentation. So I made time: time to think about the subject matter; time to articulate how I get to 'do it all' (cue lists and wine); time to research differing insights; time to chat to my most-efficient, most-together friends and colleagues. I've shared some of the slides on this page.

Let me know whether you have any other gems you can share with the COSMO audience: tweet me @cathylundmedia with #GettingItDone. Here's to your most productive month yet!

This L'Oréal lippy will help you get Kylie's pout – sans pain: see page 38

It's okay to drool all over page 19 – I did...

Host a Halloween bash: best ideas on page 144!

Cathy

Cathy Lund
Editor

cathy@assocmedia.co.za

Obsessed with these Louis Vuitton stunners on page 66

Demi Lovato is done with all the BS: page 30



Don't confuse motion and progress. A rocking horse keeps moving but doesn't make any progress.

– Alan Watts, Author

Redefine productivity. It's not about how much you get done, it's about the impact you're having



Apply the three Ps:

- Delegate,
- Delete,
- Do



Be regular and orderly in your life, so that you may be violent and original in your work.

– Gustave Flaubert, Author

Remove outside distractions. You can fully focus when your personal life is worry-free

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@Miss_Molebo
@NICKIMINAJ looks quite proper
on the latest @CosmopolitanSA cover

Cosmotivation



WINNING INBOX

I'm a 25-year-old nurse and I absolutely love COSMO. My boss recently went overseas for 14 days so I had to stay at work and take care of the patients. I needed motivation to get me through the day and, as usual, COSMO came to the rescue with insightful stories such as 'The 18 Smart Decisions You'll Never Regret'. I love helping people but when I get home I'm all about fashion and beauty – and COSMO keeps me up to date with the latest trends.

Thank you!

**-BEATRIX FELDMAN,
JO'BURG**



WIN!

The writer of next month's winning letter will win two Hask hampers worth R2 500 each. The hampers include a Monoi Oil Deep Conditioner packet, and two shampoos, conditioners and treatment vials each from the Argan Oil, Keratin Protein, Macadamia Oil and Monoi Oil ranges.



CONGRATS!

Beatrix Feldman, the writer of this month's winning letter, has won three TheraVine™ hampers worth R1 569 each.

TWEETS WE LOVE



@kaycee_thompson

@CosmopolitanSA my favourite @NICKIMINAJ cover is number three. Nicki looks amazing and the cover is hot.



@ayandastemela

Totes love the fact that @CosmopolitanSA August issue has three @NICKIMINAJ covers – I want them all!



@oranaturk

'Varsity is for finding your bridesmaids, not your husband.' #stolen #wisdom @CosmopolitanSA

SHOW US YOUR COSMO

@beliciousmuse

WOKE UP #feelinggreat LOVE THE NEW @CosmopolitanSA MAGAZINE WITH @NICKIMINAJ ON THE COVER! #CosmopolitanSA



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LOVE ALL THE AUGUST @CosmopolitanSA COVERS! #CosmopolitanSA #wineoclock

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@aminahgallie

THIS IS WHAT MY MORNING CONSISTS OF ♥ READING COSMOPOLITAN JUST GIVES ME A FABULOUS KICK-START TO A BUSY DAY #loveit @CosmopolitanSA

Want to share your thoughts?

We want to hear it all. E-mail us at cosmopolitan@assocmedia.co.za, visit Cosmopolitan.co.za to comment on our articles or tweet us @CosmopolitanSA.

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CONFESSIONS

YOU REVEAL YOUR MOST EMBARRASSING,
RIDICULOUS, WHAT-WAS-I-THINKING MOMENTS



'I'm not wearing any underwear right now because you could see my hot-pink thong right through my dress, so I had to take it off.'

-MELISSA*, 20



'I fill my used condoms with water to check for any leaks.'

-BRIAN*, 24

'I went to a pool party where a super-hot guy dunked me in. When I came up for air, I felt a breeze – my whole boob was out of my bikini. I just went right back underwater for a second and prayed no-one had noticed.'

-MILAN*, 31

WORST DATE

'He went in for the kiss, teeth first, and bit my lip so hard it bruised. The next day, my boss asked whether I'd eaten a blue lollipop.'

-CAIT*, 25

'I waited forever to get pizza from this amazing new restaurant in my area. The second I got it, I dropped it on the sidewalk. I wasn't going to wait again so I just ate it.'

-ANNE*, 26

WORST DATE

'He took off his shoes at a steakhouse and acted like it was normal behaviour.'

-SARAH*, 21

'My roommate and I were both too lazy to walk to the shop so for the first two months of varsity, we stole toilet paper from the dining-hall bathroom.'

-KRISTEN*, 22

'My ex looks older so when we met, I inflated my age by three years. When she found out, she was pissed off.'

-LEON*, 19 ■



'My dad was helping my husband and me move. While he was moving a bedside table, the drawer opened to reveal lube, a vibrator and a sex-games book. I was mortified.'

-ABIGAIL*, 28

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Go Further



WHO 28-year-old actor and model

WHERE TO CATCH HIM Bro-ing down as roadie Rio Pacheco in *Jem And The Holograms*, at cinemas from 6 November.

JUST DO IT 'Who makes the first move shouldn't be gender-specific. If you like someone, go up to them and start a conversation. Have fun with it. So many guys are waiting for the girl to make the first move, and so many girls are waiting for the guy to make the first move... Then you just end up by yourself, eating popcorn and watching *New Girl*.'

ON HIS SIGNATURE MOVE 'I was never really accepted by the cool kids but I never had a hard time with the girls. My true self is a goofball, and that was my way of testing any girl I was talking to. The second she laughed at a dumb joke – the one you *know* no-one thinks is funny – that's when I knew there was something there.'

PLAYER, REFORMED 'I've broken a few hearts. I've realised there are certain things I did that made people fall for me or have more feelings towards me than I intended. I ended up hurting them because it was never really there for me. If he only calls you when he wants to call you, texts you when he wants to text you, always hits you up at night instead of during the day – those are signs. Many girls overlook that... If he wants a girlfriend and really likes you, he's going to make that time and actually treat you the way you should be treated.' ■

THE COSMO GUY

RYAN GUZMAN



11 Reasons We're on Twitter:

THE FUNNY FEMALES EDITION

THESE WICKEDLY FUNNY WOMEN
MAKE OUR DAY, EVERY DAY

1

'Haaaaa I just realised I got my period dates mixed up and I'm not PMS-ing, I just love pizza and Ranch and being a bitch.'

@chrissyteigen

2

'50 Cent has filed for bankruptcy... That name not so cute any more, now is it.'

@Anele

3

'Yes of course I got your text - I'm just ignoring it. Don't make it weird.'

@AnnaKendrick47

4

'Sorry to say it, but the hipster evacuation that occurs during Coachella makes LA such a great place to live. #openroads #lessshats'

@iamrashidajones

5

'If I was blind I could tell who the hot girls in the nail salon were by how boring their stories are.'

@mindykalng

6

'I would never online date ... unless it was for "comedy research".'

Other things I've done for "comedy research" include fat camp, drinking...'

@RebelWilson

7

'At photoshoots I just try to make any face that DOESN'T say "I'm going to die here in the size-zero skirt you have duct-taped to my left ass".'

@lenadunham

8

'If your personalities clash at Spur, I don't think dinner on the Eiffel Tower will magically

change that. LOL!'

@Boity

9

'My resolution died peacefully in a pizza box.'

@oliviawilde

10

'You don't really know a man till you've seen him Build A Bear.'

@amyschumer

11

'Every period I have is my body punishing me for not having a baby yet. Quit pressuring me, uterus. You ain't my damn mom!'

@msjwilly ■

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COMEDY'S NEWEST IT GIRL

GILL PRINGLE CHATS TO THE BALLSY AND HONEST AMY SCHUMER

'How did this even happen?' gasps Amy Schumer as she rushes into the small office at Universal Studios in Hollywood where I'm waiting to chat to her. She wriggles into a chair and tells me how her not-so-perfect life has led to her current incarnation as America's comedy It girl. At 34 years old, she's been doing stand-up for 11 years. Her dark humour is born of cruel childhood lessons learnt when her family's bankruptcy ended her New York silver-spoon lifestyle. After moving to the suburbs, her parents got divorced; then her dad was moved to an assisted-living facility after an early MS diagnosis.

'We all have f*cked-up families and tragedy in our life. It depends how you choose to look at it,' says Amy, explaining that she coped by laughing through the pain, telling stories about her one-night stands at comedy clubs.

Her comedy style, she says, is about humanising herself and other people. 'Some of my stuff may sound shocking but it's actually like "No! That's how we all are!" Everyone tries to put up such a good front but my comedy says, "Look! We're all disgusting!"'

She's been talking about sex – and a whole bunch of other female issues – from the start, culminating in a critically acclaimed US TV series, *Inside Amy Schumer*, and writing and starring in a semi-autobiographical movie called *Trainwreck*, directed by king of comedy Judd Apatow (who previously championed Lena Dunham).

'I'd say it's about 70% my life,' she says. 'I don't drink as much as screen-Amy, and I don't have as much sex.' She never imagined she'd actually get to star in her own movie. 'I thought they'd want some babe like Kate Upton instead, or somebody they say is funny but is a model...'

The script is inspired by her own fears of falling in love. Presently single, Amy admits, 'I would do Tinder if I wasn't in the public eye, although I'm comfortable with being on my own.'

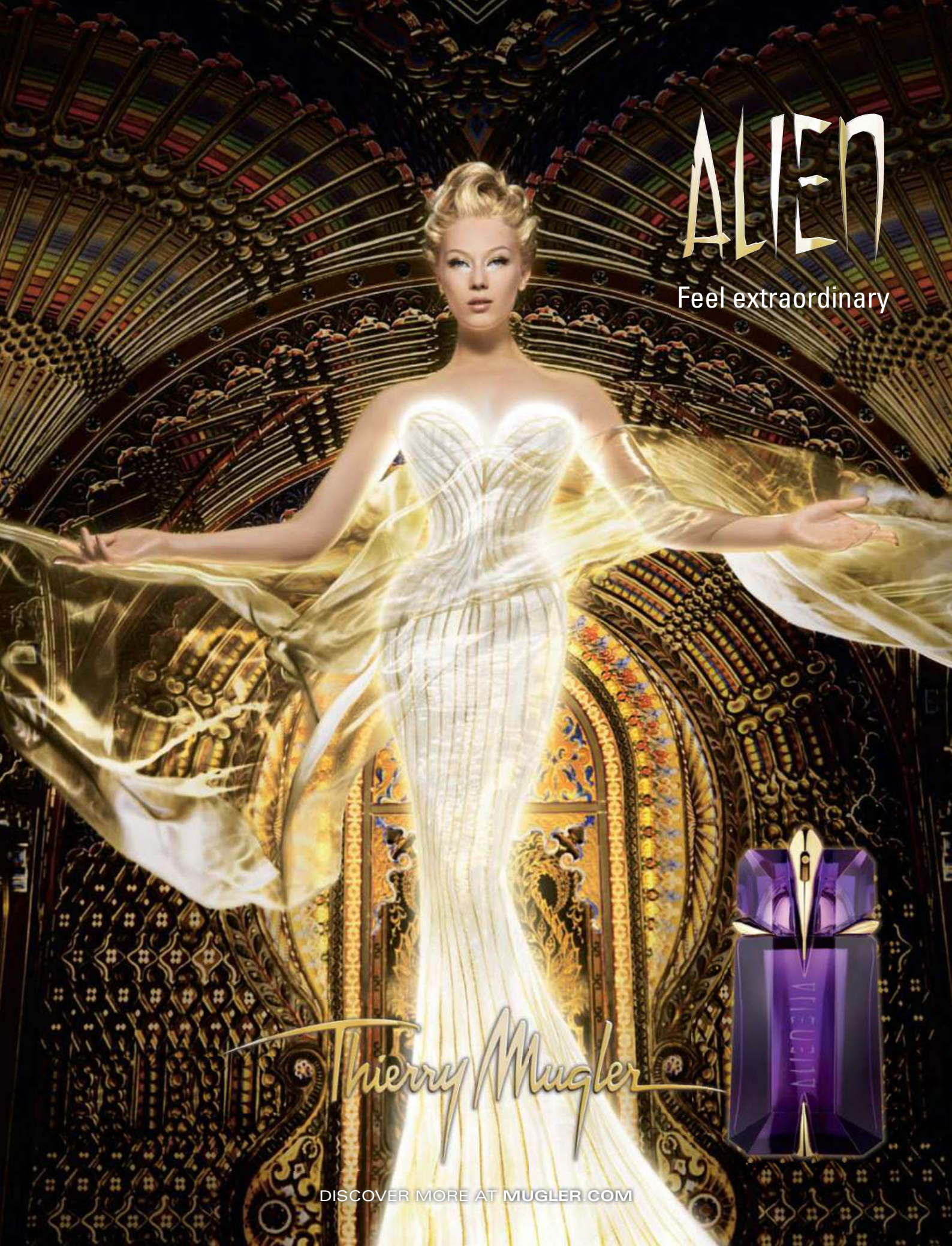
As for the future? 'I'd like to end up living with my girlfriends, and maybe having a boyfriend once in a while – that would be my fantasy.' ■



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ALIEN

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Thierry Mugler



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SON OF Damon Wayans
(of Wayans Brothers fame)
FAMOUS FOR being Coach
on *New Girl* – and being
Marlon Wayans's nephew.

SCOTT EASTWOOD
SON OF Clint Eastwood
FAMOUS FOR starring in
the new Nicholas Sparks
adaptation, *The Longest
Ride*, and for being hot.

CHET HANX
(REAL NAME:
CHESTER HANKS)
SON OF Tom Hanks
FAMOUS FOR
being ripped on
Instagram, and for
being a frat-boy-
style DJ. (Sidebar:
his older brother
Colin is an actor and
also kinda cute, in
an adorable way.)

SEAN DOUGLAS
SON OF Michael Keaton
FAMOUS FOR being
on camera when his
dad accepted a Golden
Globe this year. Mindy
Kaling live-tweeted,
'Oh, hello Michael
Keaton's son.' He's
also a songwriter.

MAX IRONS
SON OF Jeremy Irons
FAMOUS FOR being
a model and an
actor – catch him
in *Woman In Gold*.

HOLLYWOOD'S HOTTEST SONS

A VERY IMPORTANT GUIDE
TO THE SEXIEST SONS OF
HOLLYWOOD ROYALTY

SEAN BROSINAN
SON OF Pierce
Brosnan
FAMOUS FOR
being 007's son.
So far. But you
can catch him
in new TV series
No Easy Days
pretty soon.

ROMEO MILLER
SON OF rapper Master P
FAMOUS FOR being lank cute
in 2003 TV show *Romeo!*
and growing into a super-
hot rapper with an album
due out this year.

**ROSSIF
SUTHERLAND**
SON OF Donald
Sutherland
FAMOUS FOR
not being Kiefer.
And for being an
actor – he plays
Nostradamus in
Reign, and has
a part in thriller
TV series *Haven*.

TREY SMITH
SON OF Will Smith
FAMOUS FOR not being Jaden, for being
a DJ (his stage name is AcE) and for
having hair that just won't quit. ■



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Left R5 999 Right R7 999

ARTHUR KAPLAN

In a piece in the *New Statesman* titled 'Female Villains And False Accusations: A Feminist Defence Of *Gone Girl*', Rhiannon Lucy Cosslett said, 'True equality is admitting that women can be evil too.' It's a statement that had us chanting in unison: 'Yes! Yes! Yes!'

Villains are deliciously wicked characters and play an important role in storytelling. All film buffs know we need them to stand in the hero's way. Sometimes they're even more loved and memorable than the protagonist. Why? They're more interesting. 'Evil' is too simple a word to describe them. They're multilayered, complex, flawed – and when all those things culminate in a female character, it's an important and powerful

**FEMALE VILLAINS
HAVE THE
AUDACITY TO
CARRY OUT
THEIR PLANS,
NO MATTER
THE BACKLASH**

influence for younger women and little girls. Put down the pitchfork and hear me out.

One of my favourite female villains is *Kill Bill*'s O-Ren Ishii (Lucy Liu), a badass assassin and leader of a group of other assassins. O-Ren has a painful past, is a decisive leader and doesn't take kindly to being double-crossed.

WHY WE NEED FEMALE VILLAINS

FEMALE BADDIES ARE EVIL, COMPLEX AND UNAPOLOGETIC. **SIBONGILE MAFU** SAYS THAT MAKES THEM IMPORTANT ROLE MODELS

TWEET
@COSMOPOLITAN_SA
AND LET US
KNOW WHICH
#FEMALEVILLAINS
YOU ADMIRE
AND WHY

She also won't stand for being discriminated against for her ethnicity, age or gender. If you didn't know she did bad things in the movie, you'd almost think she was the hero. That's what makes her so special. She is tortured – and that's okay. She is imperfect – and that's okay. She is cold and assertive – and that's more than okay. Why? Because it's honest. There is an obsessive desperation to portray women as nurturing, motherly and warm, as helpless victims or, of course, as sexy and vacant. Villains such as O-Ren show that females have a lot more texture.

They also foster a feeling of fearlessness. Female villains have the audacity to carry out their plans, no matter the backlash – like Ursula the Sea Witch in *The Little Mermaid*. She is not the *femme fatale*/sidekick that is so often the trope of these stories. She is the unapologetic ruler. No fear, no 'sorries'. Just going for what she wants, like women should.

Villains usually don't win – the idea that evil never prospers is a good lesson too. But the joy of female villains comes not from their evil shenanigans; it comes from their powerful personalities. They show us that being empowered is not about fitting into the cutesy mould the world is hellbent on carving out for us. It is not about being the damsel in distress. Villains tell us, 'You choose how you want to face the world! You fly your multilayered flag!' It's about freedom to be more than one-dimensional. Ultimately, that is equality. ■

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IN THIS SKIN

'I discovered that I was "different" in Grade 3. As the new kid at school, I was trying hard to find my footing. I thought I'd made friends with two girls until they stopped talking to me. When I confronted them, they said their mothers had warned them to stay away because they might catch my skin condition.

'Before that, I had not given much thought to the way I looked. Confused and embarrassed, I told my mother what the girls had said. She went to the school and explained to my class that I had a condition called vitiligo, which occurs when the cells that produce melanin die or stop functioning. The disease had left me with a loss of skin colour in patches across my body – my arms, legs, face. It's not contagious. There is no cure.

'I wasn't born with vitiligo; it began developing rapidly when I was four years old. I don't remember my skin changing but I do recall feeling deeply loved by my family. I was a happy kid. I loved to hang around my mother's beauty salon. I visited my dad. I had lots of friends.

'In Grade 3, I moved to a new school and things changed. Kids called me a cow and would moo at me. Later, the bullying got physical. One night after a football game, out in the cold, a girl shoved me. I didn't want to fight. My skin is sensitive in extreme temperatures, so to get out of the situation I let her beat me up. The next day, she came at me again and I defended myself. I didn't have to fight her again but similar incidents followed.

'High school brought more harassment and I started skipping school. Eventually, the vice principal recommended an alternative school. It's crazy that I got ousted when I was the one being abused. I went to the alternative school and got a job at a call centre. I loved making my own money, feeling independent. But I couldn't juggle the job and school – so, as a typical 16-year-old, I chose the job.

'Around this time, I turned a corner. A journalist named Shannon Boodram saw my Facebook page and told me I was beautiful. She shot a YouTube video of me; it got thousands of views. She said I should be a model. I'd never thought of modelling – it hadn't seemed possible. I'd imagined working in entertainment or journalism, but as a high-school dropout, I was living from day to day.



AS A KID, CHANTELE WINNIE WAS TORMENTED FOR NOT LOOKING LIKE EVERYONE ELSE. NOW, THE 24-YEAR-OLD TOP MODEL WELCOMES YOUR STARES... AND GETS THE LAST LAUGH

AS TOLD TO ABIGAIL PESTA



'It's amazing what encouragement can do. I realised I could use my unique look as an asset. I talked to an agent but she dismissed my modelling dream, suggesting I become a makeup artist instead. It was an indirect hit aimed at my skin. It stung – but I was used to that attitude.

'I didn't give up. I posted pictures of myself on Instagram and sent them to agents. The response was always the same: no. I went to an *America's Next Top Model* All Stars fashion show in Toronto, gathering the courage to say hello to the contestants. They said, "Oh. My. God. You're f*cking gorgeous." One of them held my face in her hands and said, "You are like a butterfly."

'I decided to try out for the runway shows at Toronto's annual fashion week. Urged on by a friend (hey, Cleo!), I bought a pair of heels I couldn't afford, putting tape on the soles so I could return them. I made the cut, walked in eight shows – and got noticed.

'A casting director from *America's Next Top Model* contacted me through Facebook, a fan page set up by my nine-year-old sister, Chrystina. He told me Tyra Banks had spotted me. I dropped everything and flew to Los Angeles to try out for the show – and made it. Afterwards, I heard from photographers including Nick Knight, who had shot Lady Gaga and Kate Moss. I did a shoot with him and then starred in a fashion ad campaign he shot for Diesel. I also landed an ad campaign for Desigual. Last spring, I walked the runway at shows in Madrid and New York.

'Recently, I returned to the school where I once cried in the hallways. I talked to the students about having confidence and lifting one another up. I remember being in their position. The kids who once bullied me were just like me, trying to fit in.

'People sometimes ask when I learnt to love myself, but I didn't have a problem with myself or my skin – I had a problem with the way people treated me because of my skin. They tried to define me. I had to re-learn how to love myself; to forget the opinions of everyone else and focus on my own opinion of myself. Today, my motto is, "You only have one life. Live it for yourself, not for anyone else. Do whatever the hell you want!" ■



PHOTOGRAPHY CARLOS R. ALVAREZ/WIRE IMAGE/GETTY IMAGES/GALLO IMAGES



On the runway for
Designal at this
year's Madrid
Fashion Week



DYNAMIC, Feisty DeMI

WITH CLEAR EYES, A FULL HEART
AND A HARD-WON KILLER BODY,

Demi Lovato IS ON FIRE.

SHE BARES HER SOUL — AND THEN SOME! —
ON HER NEW ALBUM, DOING BIZ WITH NICK JONAS
AND LIFE WITH HER ONE TRUE LOVE

BY MARY CHOI

It's 9.26am on a Saturday, and Demi Lovato and I are singing Fetty Wap's *Trap Queen*, legs hoisted, feet fluttering, sweat dripping. We're in the mirrored cardio dungeon that is her home gym, located securely outside LA's Thirty Mile Zone (from which TMZ gets its name). For the next hour, her trainer Ronny Camacho will put us through high-intensity interval drills made all the more brutal by the fact that Demi likes her workouts heated – as in poach-an-egg-in-your-sports-bra heated.

I've always been an extreme person with everything I do,' Demi tells me post sweat session. 'My workouts can't be easy or else I don't feel like I'm doing anything. If I'm cycling, I'm cycling hard. If I'm hiking, I'm not doing Runyon Canyon.' For the uninitiated: Hollywood's Runyon Canyon, a hotbed for celebs, is as much a destination for selfies as it is for heart health. 'That hike is cute. But if you go to

Runyon and come out with your face full of makeup still, then that wasn't a workout.'

The competitive streak started early for the Texas girl whose big break was as a regular on *Barney & Friends*. She was seven years old. 'Even when I was in school, I wasn't just going to be home-schooled,'

she says. 'I was going to graduate at 16.' And she did. But as her fans, the Lovatics, are by now aware, there can be a darker side to having such a single-minded intensity – especially as it collides with psychological issues and growing up in the public eye. Now 23, the actress/singer's rapid ascent to stardom is marked by struggles with an eating disorder, alcohol and drug abuse and depression.

Today, what were once barrelling self-destructive forces are being channelled into leg lifts, lunges, sumo squats and bounce squats. The workout is a cathartic part of Demi's current routine, both mentally and physically. But in the past, the 'total perfectionist' cited her obsessive personality as a reason to skip the gym. 'I used it as an excuse not to work out,' she says. 'Like, "I don't want to get too obsessed with it." Everyone around me was like, "Demi, you're lazy; you're not going to get obsessed." But I monitor myself. And I tell everyone – Ronny, Wilmer, my team – to monitor it.'

Wilmer Valderrama, Demi's boyfriend, keeps an eye on us, so to speak. ▶

COVERSTAR

Displayed in the gym is an illustration of the actor as Bruce Lee in *Enter The Dragon* that reads 'Enter the Fez' – a reference to his role on *That '70s Show*. 'It's really crazy,' Demi says of their relationship. 'I hate sounding cheesy but the term soul mate? You don't find that ever. Having somebody who can point out things before I even realise them is really good.' Take, for instance, our photoshoot – Demi's first in her underwear. 'I was psyching myself up for weeks,' she says. Once she was on set, she sent Wilmer a sneak peek. 'I was like, "Um, babe?" I didn't know how else to say this is what's happening.

He was like, "Oh my God. That looks amazing." I felt very sexy.'

The couple, who share screen time in El Rey Network's thriller *From Dusk Till Dawn*, have been 'off and on' for five years. The 'off', Demi concedes, was mostly of her own doing. 'The only times we ever broke up were when I was relapsing, whether it was drugs or in a bad place and rebelling against everybody,' she says. 'People say that relapses happen before you use.

Your mind starts setting up the relapse before you take that drink or that first hit. I didn't realise it at the time but I just wanted to sabotage everything around me so that I could sabotage myself.' Wilmer wasn't about to throw in the towel. 'We started dating when I turned 18,' she says. 'Right after that, I went to rehab. People told him, "You should probably leave. She's on a spiral, and you're going to be sucked down with it." But he was like, "I'm not leaving. This is somebody I really care about." We relate on a lot of levels. I've seen a lot of shit. Shit people don't know about. He's seen a lot of stuff too.' Perhaps that's what makes the 35-year-old good at assessing her needs. 'Yesterday, I slept in and he was like, "Are you okay? You slept all day." I was like, "Yeah, I worked so hard. I'm tired." But he reminds me, "You may be depressed and not realise it."'

You can't fault Demi for wanting to get her sleep on. Painted on one of the gym mirrors is the number 17 – as in days until the video

spirits ('It's not a tour without busting ass!', she joked on Twitter) but as evidenced by her quick bounce-back, she's also in the best shape of her life.

But not everyone will welcome her new revealing look. A few weeks after we meet, she'll shut down her haters on Twitter with 'Showing more skin cause I've worked HARD for this body #SORRYNOTSORRY.' Still, she tells me, 'Sometimes I love my body. Sometimes I wake up and I'm like, "F*ck, I'm working so hard. Why isn't anything changing?"'

For her fifth studio album, Demi is promising tracks with more bite. 'There are a lot of girls in pop. They have badass lyrics but I feel like I'm the only person other than Rihanna and Nicki Minaj who isn't afraid to say, "Try something on me and I'll beat your ass." There are people who can dress up and play the part but their music doesn't say it.' It's clear that Demi is all toned-armed and ready to

*'Nobody really tries to pull
shit on me because they know
I physically don't put up with it'*

shoot for her single *Cool For The Summer*. She's gearing up for the release of the party anthem and a summer packed with performances in hot bathing suits. An epic Madonna-style wipeout at a pool-party gig in LA over the 4 July weekend proves that not only is she in great

battle her peers to the top of the charts. 'I wish I could word this in a way that doesn't sound bitchy but I don't f*ck around. Girls can be catty with one another. Nobody really tries to pull shit on me because they know I physically don't put up with it.' Case in point: the 2010 incident in which she hit a backup dancer aboard a South American flight.





PHOTOGRAPHY TESH FASHION AYA KANAI HAIR BEN SKERVIN MAKEUP JILL POWELL/DEW BEAUTY AGENCY MANICURE MEI KAWAJIRI/ORME SQUARE PROPS JARED LAWTON/APOSTROPHE

'I'm not proud of the mistakes I've made. At the same time, my past shows what I'm capable of. I'm a wiser person today. On a plane in Colombia, I probably won't hit you,' she says, deadpan. 'But if you disrespect me, I can't say that I won't come at you. I'll just never throw the first punch any more.'

She will, however, go to the mat for the artists on her new label with Nick Jonas. Safehouse Records was created in part as a response to an industry that often ignores the humanity of its artists (see Amy Winehouse, and even Demi herself) in favour

of the bottom line. 'If an artist is struggling with something, they can come to us and say, "I'm really overworked. I need advice,"' she says. 'You're in a safe environment to talk about it. We want it to be like a family.' Demi, who dated Nick's older brother Joe, asserts that she and her co-founder have always loved each other on a platonic level – even if Nick recently declared in a game of *Fuck, Marry, Kill* that he would happily marry Demi. 'I would hope so,' she says. 'You're supposed to marry your best friend! Even when Joe and I broke up, I would talk to [Nick] about it. Now we're practically married as business partners.'

Thankfully, Wilmer's not the jealous type. 'Nick and Wilmer get along great – Joe and Wilmer too. It's weird. In the beginning, I was like, "Why are you friends with Joe?" He was like, "He's a cool guy." Yeah, I know... I dated him.'

That was back when the JoBros wore promise rings, Miley wore pants and Demi was a normie – the term of endearment that her friends in recovery use for drinkers. Three-and-a-half years sober looks a lot different from her white-knuckle early days. 'I used to be very judgmental when I was 18 months sober,'

'My past shows what I'm capable of. I'm a wiser person today'

she says. 'I recently rekindled friendships with people, because I thought that if you weren't sober then you didn't have your shit together. I thought I was better than you. I'm no longer that judgmental person.' Wilmer is a normie and, for the record, she's fine with it. 'If he wants to have a drink, I'm like, "Go for it. Do your thing."' Not that her outlook was always so breezy. 'There was a time when I was jealous of people who were able to party. For instance, in Miley's music video *Can't Stop*, her whole thing was partying. Part of me was super-jealous that I couldn't be like that. I had to look at my life and be like, "Okay, that's just not what you can do. There's no need to be bitter about it."'

For Demi, being sober means feeling all the feels and working through them. 'When you're sober, you experience everything on a heightened level,' she says. 'If you're going through something stressful, you're extra-stressed. I used to sit through a scary movie and not be scared once. At haunted houses, things would jump out at me and I would sit there, bored. Then I got sober and I feel everything. I cry more. I laugh harder. You have to think, if you are chasing the next party your whole life and you always have to be numb, is that something to be proud of?'

As a former child star, not being the party girl is, in some ways, Demi's most extreme act. She's turned her laser-sharp focus to building an empire. This year, she'll voice Smurfette in the upcoming *Get Smurfy*. She also has her eye on the prize: 'I would really like to get a Grammy one day,' she says. Just don't expect her to fit into anybody else's mould to get one. 'The industry needs the artist who wears rhinestones and high heels and can walk wherever in head-to-toe glam 24/7. The industry also needs those who aren't going to conform. I'm the second type of person. I don't conform. I wear sweats. I don't put on heels to go to the supermarket.' We wouldn't have it any other way. ■



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3. SPF 15



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—  —
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For Nourishment + 5x silkier hair.*

Dove Pure Care Dry Oil



*Wet hair. Shampoo and conditioner vs non-conditioning shampoo.

EDITED BY
JUANA
PARATHYRAS

FLASH PACK

Neons — especially matte neons — will keep your nails on fleek as we head towards beachy weather. Best worn on short, boxy tips.

GOOD TO TRY:

LA GIRL Brights Nail Polish
(R39,95) Glow and INGLOT
AMC Eyeliner Gel (R189) 85

Hello, Sunshine!

Stuck in a beauty rut? We bring you the best treatment masks, find the latest celeb makeup inspo and show you what's new on the beauty block. But first, can we take a moment for these neon nails and insanely edgy grass-green cat's eye?

BEAUTY

Are You a Kendall or a Kylie?

ONE SISTER IS ALL CHISELLED, TOP-MODEL CHEEKS; THE OTHER, LIPS SO PILLOWY THEY HAVE THEIR OWN HASHTAG. PICK A LOOK AND MAKE IT YOUR SIGNATURE! BY LONI VENTI



ESTÉE LAUDER
Modern Muse
Le Rouge
(R1065 for 50ml EDP)

SPRAY IT LIKE A PRO

Always spray perfume behind your ears, at the base of your throat and on your inner wrists. These areas hold scent best because they generate body heat throughout the day, allowing fragrances to be absorbed and diffused easily.

YOU WANT CHEEKS ON FLEEK

Two shades of foundation are all it takes to contour like Kendall.

2

SCULPT IT

With an angled foundation brush, sweep foundation – one that's two shades darker than your skin tone – inside the hollow of each cheekbone. (Make an O with your mouth to see it.)

ESTÉE LAUDER
Double Wear
Light Stay-in-Place Makeup
(R450 for 30ml)
Pebble and Bone

1

GET EVEN

Apply your usual base or tinted moisturiser to create a smooth surface.

3

GLOW ON

Finish by tapping a second foundation that's two shades lighter than your skin tone onto each cheekbone, from the eye to the temple. Blend any sharp, obvious lines, then dust with loose powder to set.

YOU WANT A PLUMPER POUT

Go big or go home
— using nothing
but makeup.

1

PUCKER UP

Apply clear lip-plumping gloss. Leave on for five minutes to stimulate circulation, then tissue off.

MAC Pro
Longwear
Lip Pencil
(R205) Nice
'n' Spicy

2

LINE AND FILL

Trace the skin just outside your natural lip line with mauve liner (Kylie's go-to), following the shape of your lips, then fill in the area inside the lines. Top with a matching semi-matte lipstick.

3

FINISH WITH A FLOURISH

Outline the area you just traced with a concealer crayon — this prevents lip colour from migrating and enhances the shape even more. Soften the line with a fingertip, then tap the same concealer onto the centre of lips. This area will catch light, creating the illusion of fullness. ▶

DIOR Addict
Lip Maximizer
(R480) Sparkling

L'ORÉAL
Extraordinaire
by Colour
Riche (R180)
Molto Mauve

L'ORÉAL
Infallible
Concealer
(R150)
Gold Beige

BEAUTY

More Ways to...



...Sculpt Your Cheeks

AMP IT UP with hi-tech facials that use micro-current technology (low levels of electricity) to lift and contour facial muscles. Give your usual facial a boost at Sorbet – ask to add the BT Micro Current to your treatment for an additional R80. It will give instant results and further tone skin.



ESTÉE LAUDER *New Dimension Shape + Fill Expert Serum* (R810 for 30ml)

TRY FACIAL MASSAGE

to remove excess fluid build-up (caused by salt and alcohol) and define the jawline and cheeks, says Nichola Joss, creator of the Nichola Joss massage technique. Apply facial oil, then press the heels of your palms beneath the cheekbones, sweeping from mouth to temples. Next, make upward circles with your fingertips. Repeat three times. Finish with a sculpting serum to enhance the results.



FULLIPS *Lip Enhancer* (R280 at 27PinkX)

...Score a Power Pout

GET THE SUCTION ON

with self-suction gadgets such as Fullips to create a seal, swelling the area for a temporary plumping effect. Place against lips and suck as though you were drinking through a straw. FYI: these are way safer than the soda bottles and shot glasses that practically broke the Internet in the #KylieJennerChallenge. (Those are painful and can be dangerous – glass can break, leading to stitches and scarring.)

FILLER UP

with temporary lip fillers like Kylie's. Talk to your doc about Restylane Silk – the USFDA-approved hyaluronic acid filler is said to have long-lasting plumping effects. The Sandton Aesthetic Institute offers the lip-enhancing treatment, which lasts for about six months and costs about R5 000. Tip: keep a mirror in hand when getting plumped, so you can make adjustments as needed throughout the treatment. ■



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THEY BOTH ♥ SMOKY EYES!



EYLURE *Texture Lashes* (R58,95) 117

THE BODY SHOP *Liquid Eyeliner* (R120)



CATRICE *Liquid Metal Eyeshadow* (R69,95) Nougat II Right



L'ORÉAL *Voluminous Miss Manga Punky Mascara* (R150)

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2 YEARS OF
DAMAGE**

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Salon-quality formula reinforces hair's natural protective barrier for healthy-looking hair that stands up to styling.



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* The one brand that sells more packs in South Africa than any other brand. AC Nielsen (May 2015)

** When using Shampoo & Conditioner as a system vs non-conditioning Shampoo

FEEL SALON GORGEOUS EVERY DAY

BEAUTY

'I love black winged liner but I can't get it to last – and I always have transfer on my top lids. Help!'

-Zelda, 22

'Line lids with a felt-tip liner, then trace over it with black eye shadow using a thin angled brush. This will prevent transfer and keep it in place.'

THE BODY SHOP

Skinny Thin Felt Eyeliner (R120) Black

CATRICE

Absolute Eye Colour Mono (R49,95) The Captain Of The Black Pearl

MAC

Upward Lash Mascara (R240) Upward Black

RIMMEL *Wake Me Up Wonder Full Mascara (R140)*

'I like full, thick lashes but find falsies too much work for daily wear. Is there a mascara I can cheat with?'

-Tilly, 28

'You can layer different types of mascara according to your needs. For length, apply a lengthening mascara, then add a volume-building mascara. And repeat!'

COTY

Exclamation Cologne Spray (R196 for 50ml EDT)

COTY

Exclamation Perfumed Deodorant Body Spray (R22,35)

#ASK JUANA



COSMO'S BEAUTY EDITOR ANSWERS YOUR MOST BURNING QUESTIONS – IN 30 WORDS OR LESS!

'I've spotted coloured concealers in orange, green and lavender. How do they work?'

-Alice, 29

'They're used to correct skin tone. Green blocks redness, peach hides blue, and lavender corrects dullness. Top with concealer/translucent powder to set.'

PHYSICIANS FORMULA

Nude Wear Touch Of Glow (R179) Nude Glow

MAVALA

Correcteur For Nail Polish (R175)

'I can't seem to get a mani right: I always end up with polish on my cuticles, which is impossible to clean without making a mess...'

-Lulama, 21

'Buy a nail corrector pen – it has interchangeable tips, allowing you to correct or remove polish spills.'

VASELINE *Blue Seal Pure Petroleum Jelly (R13,99)*

Top Tip

Apply a bit of Vaseline around the cuticles (keep it off the nails!), and wipe polish spills right off.

'My fragrance doesn't last very long. Should I be spraying on more of it? I don't want it to be overpowering.'

-Zizo, 20

'Layering fragrance makes it last longer. Use a body lotion or deodorant that's the same as your fave scent, then spritz on the EDT.'



Beyonce Knowles @CaitlinPeters · Jul 20
#AskJuana @CosmopolitanSA What type of concealer is best for the baking method?



Smashbox 24 Hour CC Spot Concealer (R520)
'I find liquid concealers work well for this method. They have a softer texture that melts into skin without looking cakey.'

JUANA PARATHYRAS, COSMO BEAUTY EDITOR



Avon Ideal Flawless Cream Concealer (R120)
'I prefer cream concealer for baking – it gives more concentrated coverage, which works best on skin with obvious pigmentation or discolouration.'

ZIPHO NTLOKO, COSMO BEAUTY ASSISTANT



Bobbi Brown Creamy Concealer Kit (R400)
'I prefer creamy concealers because they don't crease or crack throughout the day and they blend really well.'

NICOLLE NYARIRI, COSMO BEAUTY INTERN



Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Cleansing Body Oil 200ml. Washes off dirt without stripping the skin's natural oily layer. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com

BEAUTY

LASH IMPACT

This intensely dark formula will leave your lashes with a gorgeous false-lash finish.
YARDLEY Lash Plumper Volumizing Mascara (R99,95)

FOR MORE OF OUR
**FAVOURITE BEAUTY
 FINDS, SEARCH
 'BEAUTY BUYS' AT
 COSMOPOLITAN.CO.ZA**

FINGER PAINT

A fun, flirty nail lacquer will take any mani from basic to glam.
SALLY HANSEN Complete Salon Manicure (R89,95) Kook: A Mango

SKIN GYM

Massage into skin, concentrating around the contours of the face or any other areas that require a little tightening.
KIEHL'S Precision Lifting & Pore-Tightening Concentrate (R895)

BEST FROM THE BEAUTY DESK

Fresh finds to add to your beauty stash

PETAL TALK

Pure fruity bliss in the sweetest bottle: Moschino combines notes of pomegranate and wild strawberry to create this perfectly girly, playful scent.
MOSCHINO Cheap And Chic Chic Petals (R545 for 50ml EDT)

FACE OFF

Not only is its scent refreshing, this non-rinsing cleanser will leave your face feeling refreshed too. It's effortless makeup removal that won't dehydrate or dull skin.

CLARINS One-Step Facial Cleanser (R330)

CLEVER CAMOUFLAGE

These mini colour-correcting wheels are a must-have. Apply before foundation to neutralise redness and blemishes, or where needed.

HEAN High Definition Camouflage Skin Mix (R110)

EYE OPENER

The multitasking priming gel de-puffs the under-eye area while smoothing fine lines. It's an investment for concealer wearers.

BENEFIT Puff'Off? Instant Eye Gel (R365)

DESIGNER LIPS

Not only is this the perfect shade for summer, its cool factor is also sky-high – it's designed by fashion guru Giambattista Valli.

MAC Giambattista Valli Lipstick (R230) Margherita

PHOTOGRAPHY: RIANA VOGEL, JON PATERSON/STUDIO D
 TEXT: ZIPHO NTLOKO. PRICES CORRECT AT TIME OF GOING TO PRESS. PRICES ARE RECOMMENDED RETAIL PRICES.

DOVE Go Fresh Fresh Touch Body Wash (R34,99) Cucumber & Green Tea Scent



NIVEA Skin Refining Scrub (R49,95)



CHANGE FOR R100!
 BECAUSE WHO DOESN'T LOVE A BEAUTY BARGAIN?

DARK AND LOVELY Fat Protein Food Shampoo (R27,95)



SORBET Balancing Hand & Nail Cream (R30)

YARDLEY

L O N D O N



DEFY TIME

Stop the clock with Yardley Defy Time Foundation. Discover flawless coverage formulated with anti-ageing Idealift™ and Grapeseed oil for a firmer, younger looking complexion and radiant glow.



Israella is wearing Defy Time True Beige.

www.yardley.co.za



Specifically formulated with a gel texture for oily skin, this sunscreen offers an SPF of 50 without any of the shine usually associated with sunscreen.

The Skinny on Oily Skin

THERE'S A DIFFERENCE BETWEEN DEWY, HYDRATED SKIN AND A SHINY COMPLEXION. WHAT TO DO WHEN YOUR OIL GLANDS ARE IN OVERDRIVE?

If you have oily or combination skin, you know how difficult it can be to find a sunscreen, moisturiser and foundation that will keep you grease-free. Add the fact that oily skin is more prone to imperfections, blemishes and clogged pores, and your daily routine gets quite complicated. Also, makeup won't stay where you put it!

WHY SO OILY?

Oil is produced when testosterone stimulates sebum glands to make more (or less) oil as skin needs it. If you're naturally oily, there's little you can do about it. Another reason for shine is, ironically, dehydration. In an effort to balance and correct itself, skin produces more sebum, sending oil glands into overdrive.

WHAT TO DO?

CHOOSE WELL Use the correct products for your skin. Skincare and makeup formulated for oily to very oil skin types often contain 'micro-sponges' that mop up oil during the day and keep skin looking matte.

CLEANSE RIGHT Overly harsh cleansers that are too drying and strip the skin are often at the heart of your oil issues. Counterintuitive as it sounds, oils can save your cleansing routine because oil breaks oil, whereas water just slips off. Also, oils have anti-inflammatory and anti-bacterial properties to improve and protect stressed skin.

YOU NEED TO KNOW...

Oily and acne-prone skin types benefit most from toners, which remove excess sebum from pores, preventing congestion and breakouts. Avoid toners that contain alcohol and irritants such as menthol and fragrance.

THE UPSIDE

Before you get too down on your oily skin, here's some good news that might make you appreciate it: chances are you'll look younger for much longer. Oily skins don't suffer as much from the dryness and wrinkles related to ageing. #Winning!

OIL PATROL

Three tips to keep you shine-free

1 Apply a primer after moisturiser and before foundation to anchor the foundation and prevent it from slipping off during the day.

Try Smashbox Photo Finish Foundation Primer (R395).

2 Look for an oil-free foundation with oil-absorbing ingredients, such as Clinique Stay-Matte Oil-Free Makeup (R380). Not a fan of base? A good-quality pressed or loose powder will soak up oil and keep you matte.

Try Estée Lauder Perfecting Loose Powder (R585).

3 Never be without blotting papers: they soak up oil without disrupting makeup.

We like Essence All About Matt! Oil Control Paper (R38,95).

EUCERIN Sun Gel-Creme Oil Control Dry Touch Face SPF50+ (R180 for 50ml)

BENEFIT The Porefessional Instant Oil Blotting Stick (R245)

NIVEA Perfect & Radiant Light Moisturiser SPF 15 for Oily Skin (R79,99)

NIVEA Perfect & Radiant 3 in 1 Mattifying Cleanser for Normal To Oily Skin (R79,99)



The product
most recommended
by doctors for scars
& stretch marks.

Ipsos, 2014



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works." Thembeke Xaba

THE

RETURN

OF THE

FACE

MASK

Don't hide your skin issues – treat them with the latest in solution-based wonder masks

BEAUTY SLEEP

Rich caviar extract firms and lifts, sunflower-seed oil replenishes moisture, and papaya extract smooths and improves skin texture. And it smells heavenly!

LA PRAIRIE *Skin Caviar Luxe Sleep Mask* (R3865)

GREAT
FOR OILY
SKIN

BRIGHT SPARK

A combo of glycolic and salicylic acid and sugar extract in this spa-inspired mask works to re-texturise skin. Once dry, peel it off for a brighter complexion.

ELIZABETH ARDEN *Visible Difference Peel and Reveal Revitalizing Mask* (R325 for 50ml)

FOR MORE WAYS OF
COMBATING OILY SKIN,
SEARCH 'OILY SKIN' AT
COSMOPOLITAN.CO.ZA

GREAT
FOR OILY
SKIN

WATERWORKS

Its magic lies in the Vichy Thermal Spa Water, which pumps in hydration overnight – while skin is most receptive to treatment. The result is an enviable #wokeuplikethis glow.

VICHY *Aqualia Thermal Night Spa* (R420 for 75ml)

GREAT FOR
COMBINATION
SKIN

SMOOTH OPERATOR

Its gel texture is super-soothing and packed with humectants to trap moisture. Added bonus: dandelion extract corrects the pH of your skin.

KIEHL'S *Soothing Gel Masque* (R295 for 50ml)

BATTERY PACK

Tapping into skin's natural energy reserves to give tired cells a boost so they work harder, the avocado extract and brown algae in this mask support cell division so you wake up looking brighter.

SENSAI *Cellular Performance Extra Intensive Mask* (R3685)

PORE PATROL

If you struggle with large pores and uneven texture, you'll love this clay mask. It exfoliates, decongests, lifts impurities, removes excess oil and soothes skin.

SKINCEUTICALS *Clarifying Clay Masque* (R1247 for 60ml)

GREAT
FOR VERY
OILY
SKIN

SUPPORT GROUP

Like Spanx for your face, this re-contouring mask firms and lifts skin thanks to active ingredients that encourage formation of fibroblasts, which create a dermal mesh in skin to keep things tight.

CHANEL *Le Lift Recontouring Massage Mask* (R1165)

DETOX PLAN

Made with kaolin and bentonine clay, it draws out nasties and heavy-metal toxins produced by environmental pollution. Rooibos adds a shot of antioxidants.

ESSE *Organic Skincare Clay Mask* (R264)

PHOTOGRAPHY RIANA VOGEL TEXT JUANA PARATHYRAS PRICES CORRECT
AT TIME OF GOING TO PRESS PRICES ARE RECOMMENDED RETAIL PRICES



Hey girl! Here's a familiar scenario. It's Friday. You need to get ready for a night on the town but of course, you're already running late – big day at work – and your beauty routine takes you longer than it would take to get to the party. Enter Garnier Micellar Cleansing Water. The all-in-one cleansing solution designed to remove make-up, refresh and soothe your skin. It's the best-kept secret that every woman should have in her arsenal. Pair it with your favourite Garnier BB Cream for a fresh way to say goodbye to your extensive make-up routine.

*Consumer test on 50 women

C Water WORKS



Garnier reveals Micellar Cleansing Water which many believe to be a miracle product.

Make-up artists and beauty editors alike love Micellar Cleansing Water. Now Garnier brings their version to SA women.

HOW DOES IT WORK?

- Micellar is made up of micelles that act like dirt magnets, removing dirt and impurities, leaving your skin feeling refreshed and clean.
- It works so well, you won't need to rinse* and because the molecules are formed from a water base, Micellar is hypoallergenic, making it kind to your skin.

HOW TO USE IT.

- Garnier Micellar Cleansing Water is easy to use. Just apply to a cotton pad, then gently wipe your face, lids and lips.
- You don't need to rinse after cleansing – just wipe and go. It's that simple.

GARNIER

BEAUTY



0:00-0:59

COOL DOWN

Splash cold water on your face, neck and wrists. These areas help to regulate body temp and calm flushes. Use cleaning wipes to refresh from head to toe.

CETAPHIL Gentle Skin Cleansing Cloths (R99)



1:00-1:59

GET EVEN

The latest 'flash facial' gels are designed to detoxify pores and infuse skin with plumping ingredients such as vitamin C. Massage a R2-coin-sized dab into your face for about 60 seconds, then rinse.

REN Flash Rinse 1 Minute Facial (R510)

FOR MORE QUICK
MAKEOVER TIPS,
SEARCH 'MAKEOVER' AT
COSMOPOLITAN.CO.ZA



2:00-3:29

MASTER NO-MAKEUP MAKEUP

Smooth on a light-reflecting cream to even out blotchiness, hide imperfections with a base/concealer combo such as Clinique 2-in-1 Beyond Perfecting Powder Foundation and Concealer (R425 for 30ml), then apply lip balm.

L'ORÉAL Revitalift Magic Blur Instant Skin Smoother Finishing Cream (R200 for 30ml); **CLARINS** Instant Light Lip Balm Perfector (R250) Rose



3:30-3:59

SOAK IT UP

Hit your pits with antiperspirant. If you sweat a lot, try a trick the COSMO beauty team swears by: mist antiperspirant into the air and walk through it, as you do with perfume. The light coat will keep you dry all over.

NIVEA Invisible For Black & White Deodorant (R24,99)

4:00-5:00

TAME YOUR MANE

Work dry shampoo and a matte texture paste through roots to nix oil and add texture, then twist hair into a topknot and hide a sweaty or frizzy hairline with a headband or wrap.

TRESEMMÉ Fresh Start Dry Shampoo (R79,99); **KEVIN MURPHY** Rough Rider Strong Hold Matte Clay (R380) ■



LOOK HOT AFTER A WORKOUT

THE
5-MINUTE
MAKEOVER

POST-GYM PLANS? DON'T PANIC. THESE EASY TIPS WILL TAKE YOU FROM SWEATY TO SEXY IN FIVE

PHOTOGRAPHY / STOCKPHOTO.COM, RIANA VOGEL, CHRIS COPPOLA/STUDIO D, JON PATTERSON/STUDIO D, JEFFREY WESTBROOK/STUDIO D TEXT LAUREN BALSAMO PRICES CORRECT AT TIME OF GOING TO PRESS PRICES ARE RECOMMENDED RETAIL PRICES



STEP 2
Moisturiser



STEP 1
Wash | Scrub | Mask

Just one programme for the **purest skin**

PURE ACTIVE 3 in 1

- 1-CLEANSE** with zinc and Smithsonite to help reduce blemishes
- 2-EXFOLIATE** with Pumice to unclog pores and remove blackheads
- 3-MASK** enriched with white clay that mattifies the skin

PURE ACTIVE MATTE CONTROL 8H NON-STOP MATTE FINISH

- 4-MOISTURISE** with active alicium for mattifying results that last up to 8 hours

BEAUTY

BRUSHOLOGY

START USING THE RIGHT MAKEUP BRUSHES RIGHT NOW!

While fingers make excellent makeup applicators, they're not nearly as precise and delicate as makeup brushes. But the world of brushes can be hard to navigate. Do you really need a stippling brush? And what exactly do you use a fan brush for? Help is here!

FOR YOUR SKIN

MUST-HAVE

Concealer brush Great for blending concealer under eyes and around the nose. The best ones are short and flat.

TRY BOBBI BROWN Concealer Blending Brush (R350)

► Foundation brush

The best way to apply foundation is with a flat, wide brush – but foundation brushes have a reputation for streaking. To avoid this, blend with a sponge for a natural finish.

TRY ELIZABETH ARDEN Foundation Brush (R265)

► Stippling brush

Our favourite brush for applying liquid or cream foundation, it creates an airbrushed effect and gives you lighter coverage than a foundation brush.

TRY REAL TECHNIQUES Stippling Brush (R170)

FOR YOUR CHEEKS

MUST-HAVE

Powder brush You probably already have this in your kit; if you don't, get one. It's ideal for applying virtually any powder.

TRY MAC Large Powder Brush (R530) 150

► Angled powder brush Used for contouring, this fluffy brush is great for sweeping bronzer down and along the sides of your nose. It fits perfectly under your cheekbones.

TRY BEAUTIQUE Face Contour Brush (R59,95)

► Fan brush This brush has a multitude of uses but is best for applying highlighter, bronzer or blusher on top of or under your cheekbones and along the hairline.

TRY SMASHBOX Fan Brush (R220) 22

► Blusher brush Mainly used to buff blusher onto cheeks, it can also be used for powder foundation or bronzer.

TRY CLINIQUE Blush Brush (R290)

► Blending brush This rounded brush is important if you're big on bronzer and blusher. Use it to blend away and soften lines.

TRY SMASHBOX Face & Cheek Brush (R500)

Use a concealer brush to layer powder and cream formulas when masking a pimple.

MAC Split Fibre Face Brush (R420) 127

SMASHBOX Foundation Brush (R380)

AVON Fan Brush (R49,95)

UBU Screen Preen Powder Brush (R100) No 10

FOR YOUR EYES

MUST-HAVE

Eye blending brush

You know those gorgeous eye looks you've seen on Pinterest that require you to blend three different shadows? This is the brush behind layering on the hues and blending seamlessly.

TRY AVON Eye Shadow Brush with Smudger (R49,95)

► Angled eyeliner or eye brush

Angled eye brushes are great for precision work such as filling in brows or applying gel liners.

TRY ESTÉE LAUDER Eyeliner/Brow Brush (R360) 20

► Smudge brush Its pointed, soft tip allows you to smudge

Use the fan brush to gently dust off accidental eye-shadow spills under the eyes.

liners, shadows and pigments in a precise and controlled way.

TRY CATRICE Smokey Eyes Brush (R49,95)

FOR YOUR BROWS & LASHES

MUST-HAVE

Brow brush

This one is essential to nail Cara-style brows. Dip it in pigment and run it over your brows to fill in patchy spots.

TRY MAC Angled Brow Brush (R255) 208

► Spooley brush Don't underestimate the value of a good brow brushing. You can also use this to de-clump mascara or comb out lashes.

TRY MAC Lash Brush (R195) 204

FOR YOUR LIPS

MUST-HAVE

Lip brush It distributes colour or pigment more evenly and thinly, allowing you to layer with precision. The result = longer-lasting colour.

TRY ESTÉE LAUDER Lip Brush (R295) 35 ■

BOBBI BROWN Eye Blender Brush (R395)

27PINKX Eye Blending Brush (R190)



GUESS DARE

THE LIMITED EDITION FRAGRANCE



OLAPLEX®

INSURANCE FOR YOUR HAIR

GO BLONDER • GO BOLDER

WITHOUT DAMAGE OR BREAKAGE,
MAKE YOUR COLOUR LAST LONGER.

Get bolder and brighter colours from your next salon service – without the worry or the risk of doing any damage to your hair.

Olaplex is a revolutionary new product that allows you to go bright, go bold, and have the hair you've always dreamed of. As chemical processes break down the bonds that are essential for healthy hair, Olaplex steps in to repair them before any damage is done.

Ask your salon about the Olaplex treatment so that you can repair and protect your hair while discovering a whole new world of colour and style possibilities.

REPAIR

PROTECT

DISCOVER



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AVAILABLE
AT YOUR
SALON



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FASHION

EDITED BY
POPPY EVANS

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AT COSMOPOLITAN.CO.ZA
TO SHOP THIS SEXY PRINT
FOR UNDER R500



COME SLITHER

SEXY SNAKE PRINT
IS MAKING US FEEL
ALL THE FEELINGS
RIGHT NOW

*Dress R599, SISSY BOY.
Earrings R100 and stack
rings R150 per set, all LOVISA.
Watch R3650, CALVIN KLEIN.
Bag R499, ACCESSORIZE.
Shoes R499, FOSCHINI*



JUNGLE MASSIVE

FLORALS FOR SPRING
AREN'T GROUND-BREAKING
– BUT JUNGLE PRINTS FOR
SUMMER ARE ON FLEEK



- 1 R250, COLETTE HAYMAN 2 R2580, NOMINATION at Spilhaus
3 R2700, TED BAKER at Stuttafords 4 R249, FOREVER 21
5 R379, PEG at Zando 6 R855, SWATCH 7 R799, NICCI BOUTIQUES
8 R2299, PUMA 9 R199, ALDO 10 R599, H&M

PHOTOGRAPHY WENDELL TEODORO/WIRE IMAGE/GETTY IMAGES/GALLO IMAGES,
SEBASTIEN ROHNER COMPILED BY POPPY EVANS, CLEO MARCOPULLOS AND LARA
MALAN PRICES CORRECT AT TIME OF GOING TO PRESS STOCKISTS ON PAGE 164

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Cresta
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Sandton

WESTERN CAPE

V&A Waterfront

KZN

Gateway
Pavilion

MPUMALANGA

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SHOES FOR ALL SEASONS

R499

CALLITSPRING.COM
FACEBOOK.COM/CALLITSPRINGSOUTHAFRICA



1



2



3



4



5



6



7

SHORTS STARS

WHETHER TAILORED, DENIM OR PRINTED, COUPLE UP WITH A PAIR YOU LOVE AS MUCH AS YOUR BAE

1 R399, FOREVER 21 2 R549, RIVER ISLAND 3 R329, FOREVER 21 4 R699, MIX at Metropolis
5 R899, COUNTRY ROAD 6 R1299, PUMA 7 R425, FEMME at Metropolis 8 R699, LEVI'S
9 R899, WITCHERY 10 R649, WITCHERY

TO SHOP MORE SHORTS, SEARCH 'MUST-HAVE SHORTS' AT COSMOPOLITAN.CO.ZA



8



9



10



Get
your
card!



Enjoy
your
rewards!

 **Edgars**

Available at the Baywest Mall flagship store and the following Edgars stores: Rosebank Mall, Gateway, Canal Walk & Mall of the South.

HOW TO WEAR THE JUMPSUIT

IT'S THE ONLY PIECE OF CLOTHING YOU CAN WEAR
PRETTY MUCH EVERYWHERE, ALL THE TIME



- 1 R2400, GUESS
- 2 R99, COTTON ON
- 3 R949, CALVIN KLEIN
- 4 R449, ACCESSORIZE
- 5 R1885, DOLCE & GABBANA at Luxottica
- 6 R1500, TED BAKER at Stuttajords
- 7 R1199, NINE WEST
- 8 R999, RIVER ISLAND
- 9 R199, COUNTRY ROAD
- 10 R449, ACCESSORIZE
- 11 R599, SISSY BOY
- 12 R150, LULU BELLE

Ipanema



Available at leading department stores, select shoe and clothing stores and specialised sport stores nationwide.
To locate your nearest stockist call: 011 345 8000

THE SPORTY DRESS

Dress R250 and necklace R79,99, both **BOITY X LEGIT**. Earrings R899 for two pairs, **SWAROVSKI** at Spilhaus. Bag R699 and shoes R1199, all **ALDO**

TIP
Up your sports-luxe game with a pair of sexy heels.

Follow Boity on Twitter and Instagram (@boity)

LOCAL STYLE QUEEN **BOITY THULO**, 25, SHOWS US HOW TO SLAY FOUR OF SUMMER'S MOST WEARABLE TRENDS

WORN THIS WAY

R99,99,
BOITY X LEGIT

R849, **ALDO**

R1019,
SWAROVSKI
at Spilhaus

R270,
BOITY X LEGIT

R379, **BRONX**

R559,
TOPSHOP

R499,
FOREVER NEW

R399,
ZARA

R3635, **RAY-BAN**
at Sunglass Hut

R1995,
KURT GEIGER
at Spitz

FOR MORE
SPRING TRENDS,
SEARCH 'SPRING
FASHION' AT
COSMOPOLITAN.CO.ZA

TIP
These modern flats go perfectly with playful jumpsuits.

KNEE-HIGH GLADIATORS

Jumpsuit R230, **MISS L X LEGIT**. Sunglasses R1350, **GUESS** at SDM Eyewear. Ear cuff R699, **MIMCO**. Necklace R899, **SWAROVSKI** at Spilhaus. Shoes R999, **COUNTRY ROAD**

R299,
MANGO

Q&A

You're the new face of Legit. Why do you love the brand?

I'm all about female empowerment and I know that's what Legit stands for. It merges fashion with philanthropy, which is amazing. I've always been in full support of how the brand expresses messages of empowerment to young females, and I'm honoured to now be a part of this family.

Tell us about your Boity x Legit spring range.

It's Legit's very first sports-luxe range. I'm super-excited to be a part of it. It's a perfect match because I'm a health and fitness lover. Everyone wants to look good during and after gym, which is what the range is about.

Your favourite part of the collaboration process?

Seeing my vision for the collection become a reality, and exploring my new-found interest in fashion – it's an amazing tool for self-expression.

What are your favourite items in the range?

That's a tough one – but I love the white cropped top and pencil skirt.

How do you stay motivated to keep fit?

There's nothing like the feeling you get from working out – that's my motivation. You feel empowered, light, calm and proud. I've learnt the importance of having a healthy body and how you benefit physically, spiritually and mentally. I make sure I work out twice a week – it's all about moderation.

How would you describe your style?

My style is relaxed, feminine and sometimes sexy. Comfort is key.

Exciting future plans?

Plenty. Nothing that I can discuss just yet but you will know when all is revealed!

R899 for two pairs,
SWAROVSKI at Spilhaus

R699,
WITCHERY

R2399,
ALDO

R200,
KELSO at
Edgars

R1350,
GUESS
at SDM
Eyewear

TIP
Pair your
pencil skirt with
sneakers and a polo
shirt for added
#streetstyle
swag.

R5890,
SWAROVSKI
at Spilhaus

R389
TOPSHOP

R659,
ZARA

R899,
ZARA

R200,
BOITY X LEGIT

TIP
For a fun,
super-sexy
spring look, add
a high-waisted
skirt or
trousers.

THE CROP

Cropped
top R200,
BOITY X LEGIT.
Pants
R559, ZARA.
Earrings
R119,
ACCESSORIZE.
Cuff R119,
RIVER ISLAND.
Shoes
R1499, ALDO

THE PENCIL SKIRT

Top R559, TOPSHOP.
Skirt R190 and
ear cuff R49.99,
both BOITY X LEGIT.
Bag R549,
ACCESSORIZE. Shoes
R429, TOPSHOP

FASHION

2

NOTE TO SELF:

H&M hits South African shores in October. Yay!

1

4

5

6

7

3

Under R650

GET IT WHITE

BOHO DETAILS ADD FESTIVAL ROMANCE TO HEAD-TO-TOE WHITE

- 1 R399, FOREVER NEW
- 2 R499, H&M
- 3 R375, TRUWORTHS
- 4 R629, FOREVER 21
- 5 R399, H&M
- 6 R399, OASIS at Foschini
- 7 R350, LOVISA
- 8 R220 per set, COLETTE HAYMAN
- 9 R400, FREE 2BU at Edgars

PHOTOGRAPHY TIMUR EMEK/GETTY IMAGES/GALLO IMAGES, SÉBASTIEN ROHNER COMPILED BY POPPY EVANS, CLEO MARCOPOULOS AND LARA MALAN PRICES CORRECT AT TIME OF GOING TO PRESS STOCKISTS ON PAGE 164

SEARCH 'STYLE SLAYERS' AT COSMOPOLITAN.CO.ZA TO SEE WHICH CELEBS KNOW HOW TO WEAR WHITE THE RIGHT WAY



ACTIVE BRA
169⁹⁹

SHORTS
169⁹⁹

LEGiT X BOiTY

LEGiT

legit.co.za | legit.mobi



ALL OF THESE ITEMS ARE SUBJECT TO AVAILABILITY AND PRICES WERE CORRECT AT THE TIME OF GOING TO PRINT. PRICES INCLUDE SA VAT AT 14%. ERRORS AND OMISSIONS EXCLUDED.

FOR MORE ON
THIS TREND, SEARCH
'MODERN SAFARI' AT
COSMOPOLITAN.CO.ZA

CASUAL COOL

Top R150, LEGIT.
Jacket R1299,
WITCHERY. Skirt
R699, RIVER ISLAND.
Rings R150 for
eight, LOVISA. Bag
R4200, CALVIN
KLEIN. Bandanna
R129, ZARA. Shoes
R599, ZOOM

JUMP TO IT

Jumpsuit R270,
MISS L X LEGIT.
Earrings R150,
LOVISA. Sunglasses
R8400, PRADA at
Sunglass Hut.
Cuffs R299 each,
MANGO. Bag R799,
ACCESSORIZE. Shoes
R1399, ZARA

COSMO READER AND STYLIST
MIRA LEIBOWITZ, 24, SHOWS US
HOW TO LOOK FIERCE IN SAFARI-
INSPIRED PIECES WITHOUT
LOOKING LIKE A GAME RANGER

URBAN

R2299,
DIESEL

R1199,
GUESS

R999,
ALDO

R1999,
MIMCO

R4799,
DIESEL

R499,
FOSCHINI

R8400,
PRADA at
Sunglass Hut

R1499,
RIVER
ISLAND

R799,
FOREVER
NEW

R12100,
LOUIS VUITTON

PHOTOGRAPHY IAN ENGELBRECHT, L'ESTROP, SÉBASTIEN ROHNER COMPILED BY POPPY EVANS, CLEO MARCOPOULOS AND LARA MALAN FASHION INTERNS CLARE ROBERTSON AND TATIANA INOCENTES HAIR AND MAKEUP KELLY PAITAKI/GLOSS ARTIST MANAGEMENT PRICES CORRECT AT TIME OF GOING TO PRESS STOCKISTS ON PAGE 164

FASHION

Q&A

Who is your favourite fashion icon?

I have so many but I would have to say Kanye West. He has #swag to the max!

Describe your personal style.

Simple, classic and monochromatic.

What is your wardrobe dominated by?

Loads of black – which is why these urban safari-inspired outfits are a breath of fresh air.

What trends are you excited to wear this season?

I have a weakness for nautical-inspired clothing. White is also trending – there is nothing fresher than an all-white look.

What are your three go-to items for spring?

Oversized shirtdresses, palazzo pants and a great pair of sunnies.

Which social-media platforms are you addicted to?

Snapchat! I recently signed up and I'm already totally obsessed.

What are your five favourite any-time wardrobe items?

Oversized sunglasses, old-school Levi's shorts, a white tee, minimalistic platforms and a chic backpack.

What clothing item do you feel best in?

A good pair of jeans – they're so versatile.

Why do you love the urban-safari trend?

I have an obsession with hats and sunglasses, and this goes hand in hand with the whole safari look. I usually stick to a neutral colour palette so, naturally, khaki is my best friend. ■

FRINGE FUN


Shirt R749, COUNTRY ROAD. Jacket R350, FREE 2BU at Edgars. Skirt R399, ZARA. Rings R150 for eight and cuff R200, all LOVISA. Belt R449, MANGO. Shoes R1099, ALDO

WILD CHILD

Dress R459, ZARA. Hat R379, FOREVER 21. Earrings R299, ACCESSORIZE. Bag R149, H&M. Rings R150 for eight, LOVISA. Shoes R1499, STEVE MADDEN

SAFARI





SHOW NOTES

FROM LEFT Fashion assistant Cleo Marcopoulos, Poppy and contributing fashion editor Bev Nates

NEVER MIND FOLLOWING THE ACTION ON SOCIAL MEDIA: FASHION DIRECTOR POPPY EVANS THINKS IT'S TIME WE ALL GOT INVOLVED IN FASHION WEEKS

Much like the rest of the world, the local fashion pack tends to plan its calendar around fashion weeks. However, it's fashion week almost all of the time in South Africa. Okay, that's a bit of an exaggeration but seriously, pretty much any month of the year, if we're not actually at a fashion week somewhere in the country, then one has just come to an end or we're about to board a plane to Jo'burg (what Paris is to France, Jo'burg is to us!) for another show-filled weekend.

Forget life in the fast lane: life in the front row can sometimes feel like an endless runway show and it's easy to forget what the point of it all is. There are those who come to fashion week to see and be seen – to be photographed by the likes of blogger Trevor Stuurman. There are a few who treat it like a wet-T-shirt competition (wolf-whistling is totally inappropriate, BTW) – perhaps these guys need to stay home. Then there's the crowd that treats it like an opera performance, and dresses accordingly (see, you really can wear your matrix-dance dress again!). But there's a lot more to it than who wore what.

Traditionally, fashion weeks mark the beginning of two seasons – summer and winter. They also mark the end of a creative cycle for those showing. They are platforms for designers to showcase their collections to buyers, press and influencers (think everyone from fashion blogger Tavi Gevinson to Nicki Minaj). Fashion editors and buyers can then figure out what's trending and what the 'mood of the season' is, and decide from that point what they will be shooting and what they will be stocking in their stores. These are the clothes (without going all Miranda Priestly on you, think back to the scene with the blue sweater) we all ultimately end up buying – or at least versions of the pieces.

In South Africa, the fashion business is a new industry. South African fashion weeks are to New York Fashion Week what North is to Kim Kardashian West – a baby. To put it in perspective, NYFW has been around since 1945. Need I say more? It's important, therefore, that we show our baby all the love and support (and swag) she needs to succeed in life. And the simplest and most effective contribution we can make to help raise our industry the right way is to buy local. Yes, it sounds like a cliché – but if we don't bridge the gap between our runways and our wardrobes, no-one else is going to.

In South Africa, fashion shows are accessible to all of us. You can actually buy tickets to shows here – beyond that, there are stand-by queues for almost every show that takes place, meaning you can attend for free. At the risk of sounding jaded, sometimes I'm so busy scouring shopping malls for 17 polka-dot pieces for under R200, I forget to stop and smell the roses – or, in fashion terms, feel the fabric.

To me, 'feeling the fabric' is that moment when a young designer shows a breakthrough collection and I know I've just witnessed the beginning of an iconic career, or when an established name pulls off something so original that it inspires an entire shoot in my head. Our fashion weeks are a democracy and we're all invited. So get up, dress up and turn up – I'll see you there! ■

FOR AN UP-TO-DATE FASHION SHOW DIARY, SEARCH 'FASHION WEEK' AT COSMOPOLITAN.CO.ZA

BODY LOVE

Love More, Lose More

IT'S TOTALLY UNFAIR, BUT WORRYING ABOUT YOUR SIZE CAUSES STRESS, WHICH IN TURN CAN CAUSE WEIGHT GAIN. BUT RESEARCH SHOWS THAT THE MORE WOMEN GIVE AND RECEIVE POSITIVE BODY MESSAGES, THE LESS THEY AGONISE ABOUT THE SCALE. THEY DROP KILOGRAMS TOO! IT'S TIME TO FLIP THE SCRIPT — AND GET YOUR FRIENDS ON BOARD!

SHE SAYS

'I'm not buying any new clothes until I lose 10kg.'

YOU SAY

'You deserve clothes that make you feel great now. Let's go shopping.'

SHE SAYS

'I really want dessert but I've eaten way too much today.'

YOU SAY

'Are you still hungry? If you are, order something. I definitely plan to steal a bite.'

SHE SAYS

'He'd never like someone my size.'

YOU SAY

'Did he say that? If not, don't assume he's not into you — and if he isn't, forget him. There are tons of guys who would love to date you.' ■

SOURCE: CHRISTINE LOGEL, PROFESSOR IN THE DEPARTMENT OF SOCIAL DEVELOPMENT STUDIES AT THE UNIVERSITY OF WATERLOO



TREND OR TORTURE?

Forget 18th-century Chinese foot binding: today's trends could also have crappy physical consequences if worn every day

SKIN-TIGHT SKINNIES

An Australian woman passed out and ended up in hospital from wearing skinny jeans, so we know the threat is real. If your jeans are too body-hugging, they could restrict blood supply to your legs, potentially causing severe nerve and muscle damage. The medical warning: if you plan to do a lot of squatting or kneeling, avoid skinnies.

CONSTRUCTING CORSETS

Kim K has shared many a selfie in this waist-cinching gear, claiming it's what gives her the killer curves. In reality, it's practically a torture device. According to cultural and fashion historian Valerie Steele, wearing a corset can decrease your lung capacity, cause damage to your internal organs and even deform your skeletal structure. Skip the corset and do some crunches instead!

HUGE-ASS HANDBAGS

You know — the type you can fit your entire home in.

The consequences of lugging around a huge handbag aren't great: women have reported an increase in back pain, change in posture and, in some cases, headaches. To ease strain, don't carry your bag on a bent elbow.

SPIKY STILETTOS

The thinner the heel, the more damaging the shoe. High heels lead to foot issues — up to a third of daily heel-wearers suffer permanent problems. Osteopathic physician Dr Natalie Nevins says stilettos can cause everything from ingrown toenails to nerve damage and osteoarthritis of the knee. Save for special occasions — and long live the block heel!



IT'S SO FLUFFY!

You know that feeling you get when you see a cute baby or an adorable puppy, and you have the overwhelming urge to squeeze the life out of it? Turns out a thing called 'cute aggression' could be the cause. Research presented at the annual meeting of the Society for Personality and Social Psychology suggests this could be frustration that we can't care for the cuties as much as we want to. The emotion can be so strong, we have to tone it down with something negative — like an award-winning ugly cry.

SOURCE REBECCA DYER, YALE UNIVERSITY PSYCHOLOGIST AND COAUTHOR OF THE 'CUTE AGGRESSION' STUDY

13 PERCENTAGE OF SOUTH AFRICAN WOMEN WHO DILIGENTLY GET SCREENED FOR INFECTIONS WITH ANNUAL PAP SMEARS

THIS HOME-TESTING KIT COULD SAVE YOUR LIFE

HPV is a common STI that can cause severe problems, from genital warts to cervical cancer. Testing is very important — and now you don't have to go to the gynae to do it. The UDoTest is a DIY method of screening for HPV and other STIs at home. Get it at Dis-Chem or Clicks for R879 (including lab fees at Lancet Laboratories and doctor's feedback). ■



**ENJOY A FIRM
BUM IN JUST
2 WEEKS.**



NEW

Q10 COMPLEX ACTIVELY INCREASES YOUR SKIN
CELLS' ENERGY, HELPING TO FIRM AND TONE
YOUR SKIN WHERE YOU NEED IT MOST.



DOUBLE THE FUN

Our latest Instagram fitspo: celebs doing *ahmazing* yoga poses in breathtakingly beautiful spots. These aren't any old asanas: this super-sexy brand of partner posing, called AcroYoga, blends the mental focus and breathing techniques of traditional yoga with the core strength and flexibility of acrobatics.



PERCENTAGE MORE
KILOJOULES
BURNT, 
ON AVERAGE,
RUNNING
OUTSIDE
VERSUS
ON A
TREADMILL

THE WETTER, THE BETTER

TEMPS ARE RISING, WHICH MEANS OUTDOOR WATER SPORTS ARE BACK ON! GIVE THE GYM A REST AND TRY THESE:

1 STAND-UP PADDLE BOARDING

Good for arms and core
A mix between surfing and kayaking that involves standing on a board and engaging your core in an attempt to stay balanced while using a paddle to propel yourself through the water. Check out Supsa.org.za to sign up for a class near you.

2 OPEN-WATER SWIMMING

Good for arms, legs, back and core
When South African Chad Ho won the World Champs in July, we took a closer look at this sport. It's basically a full-body workout — and a great way to unwind. For more info, check out Capeswim.com and Swimsa.org.

3 SURFING

Good for back, shoulders and legs
It's not too late to give it a try, even if you're a total beginner. Surfing gives you an awesome cardio workout — and you look damn cool when you're doing it. Start with lessons from the pros and sign up for classes at Surfemporium.co.za or Learn2surf.co.za.

FOREST BATHING: COOL OR CRAZY?

What seems like a woo-woo trend — spending QT near greenery to boost health — is probably the real deal, research says. The popular Japanese practice of shinrin-yoku is getting people all over the world hooked, too. Forest bathing (being in the woods for 20 minutes or more) may improve blood pressure, mood, creativity and, thanks to organic compounds released by trees, even immunity.

SLOW DOWN

By taking it easy four out of five sessions per week and pushing yourself for one, you'll avoid fatigue and get faster – and fitter, according to the new book *80/20 Running* by Matt Fitzgerald (R218 at Takealot). Low intensity burns more fat and high intensity torches more kilojoules. Winning combo!



THE ONE-QUESTION FITNESS TEST

Pretty fit? Try this: sit down on the floor, then get back up. Brazilian researchers developed a points system (five for getting down perfectly, five more for standing up; one point is deducted each time you use your limbs for support or lose your balance) and for each point closer to 10, your risk of death decreases by 21%. Wobbly? Boost flexibility and balance by adding yoga or dance to your workout roster.

MOTIVATION STATION

We start out a new fitness routine with the best intentions, but then life happens and the willpower fades. Here are three ways to make sure you don't skip workouts



1 Add It Up

Not all physical activity has to be 'exercise'.

Give yourself credit for the little things, like your 20-minute walk at lunch time or using the stairs instead of the lift to get to the fifth floor. The idea that 'everything counts' will make you feel successful, and that will give you higher energy levels all day.



2 Do What Feels Good

Your brain loves

immediate gratification, so forcing yourself into a fitness routine you loathe won't make you stick with it. Choose a type of movement that sits well with your body so you'll actually want to do it again and again. Enjoying your exercise is a big predictor of whether you'll continue.



3 Make One Change at a Time

It's easy to get over-excited about getting fit – you'll want to do a thousand things at once. Simultaneously deciding to start a hectic workout routine, diet and yoga is a recipe for burnout. Do the exercise you have the time and energy for – it's way better than nothing. ■



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AND GET A

FREE*

KAUAI SMOOTHIE

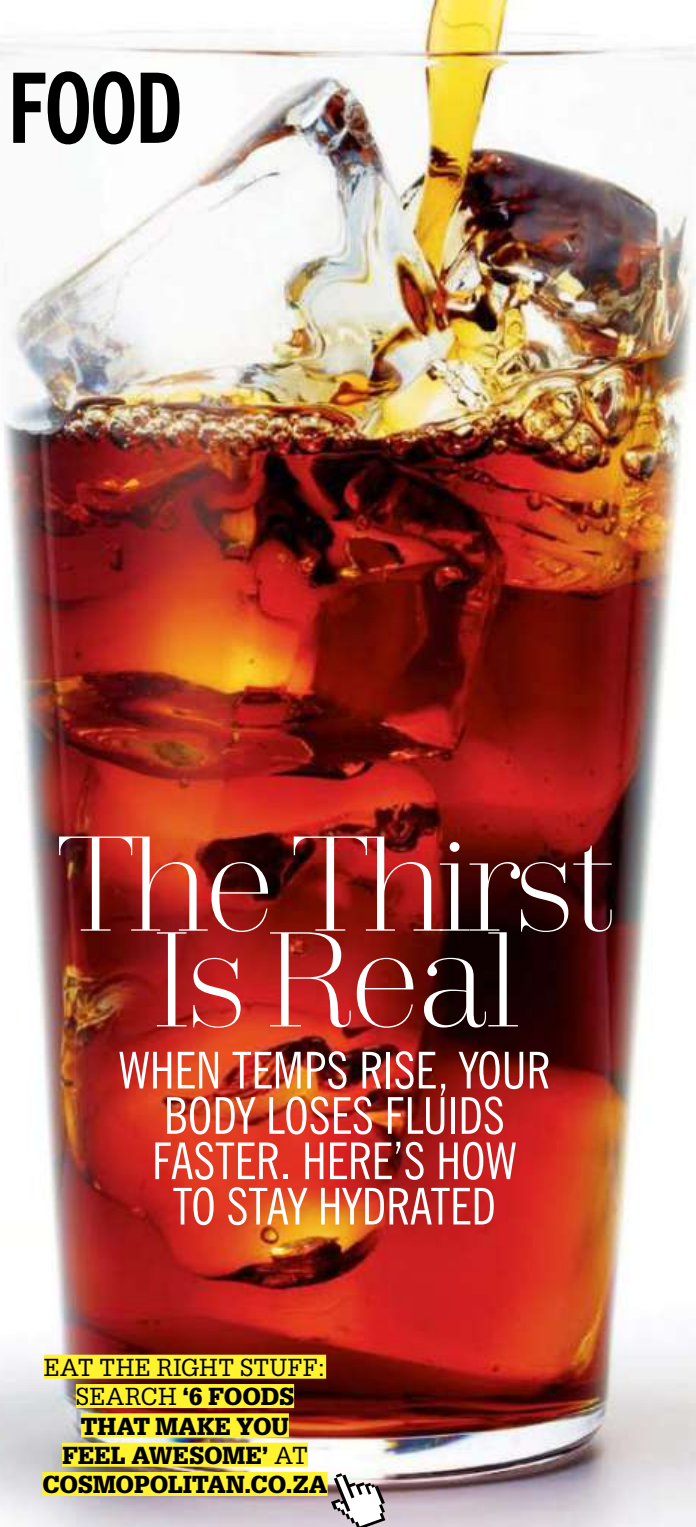
See details on pack

KAUAI



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*Available at Clicks and Dis-Chem stores. Promotion valid from 21 Sept - 31 Dec. While stocks last. T's & C's apply.



The Thirst Is Real

WHEN TEMPS RISE, YOUR BODY LOSES FLUIDS FASTER. HERE'S HOW TO STAY HYDRATED

EAT THE RIGHT STUFF:

SEARCH '6 FOODS THAT MAKE YOU FEEL AWESOME' AT COSMOPOLITAN.CO.ZA



Sip Iced Coffee

Contrary to popular belief, caffeine is not a diuretic, says nutrition scientist Stacy Sims. In fact, a University of Birmingham study found coffee nearly as hydrating as water. Just balance your morning Vida with regular H₂O.

Skip Sports Drinks

For workouts under 60 minutes, you can meet your needs (and cut kilojoules) with regular tap water, says dietitian Kate Geagan. Down two glasses of water 20 minutes before you exercise, then have a couple of squirts every 20 minutes throughout.

Swig Water

Outside all day? There's no rule for how much aqua to drink – 'eight glasses a day' is a myth. Booze and meds (antihistamines, antidepressants) are dehydrating, while painkillers can contribute to water overload. The key is to drink when you're thirsty. Geagan says a good guideline is drinking enough to need an hourly pee break.



Breakfast of Champions

Choose oats over other cereals in the morning and you could eat 1 000 fewer kilojoules at lunch, a new study shows.

The soluble fibre in oats 'slows digestion so food stays in your system longer and you're less hungry later', says nutritional consultant Mara Feil, founder of Stand UPP Health. Not a fan of hot oats? Try her no-cook version: in the evening, soak 1 cup rolled oats in 1½ cups almond milk with a dash of vanilla and cinnamon. Add banana or apple and refrigerate.

The next day it's creamy, delicious and ready to eat.



Can You Really Be a Chocoholic?

Most of us have used language associated with addiction to describe our relationship with food. You know: 'I crave carbs' or 'I'm a total chocoholic!' But can you be addicted to food? 'Food addiction' isn't recognised as a disorder yet but research is starting to suggest that it could be a real thing. According to a literature review on *Theconversation.com*, certain types of food and eating patterns cause the brain to respond in the same way it would to drugs or alcohol. The most addictive food? Surprise, surprise: anything salty, fatty or sugary. Ease up on the junk! ■

WHAT MAKES FRUIT JUICE TASTE LIKE REAL FRUIT?

Fruit cells are the natural citrus fibres found in fruit that give it a flavour worth savouring.



WORKOUT

Get the **Max** out of Every Move

Trainer Astrid McGuire makes some old stand-bys more effective (and fun!)

BY LIZ PLOSSER



1

2

▲ A BETTER SQUAT

1 Swing arms to the right and jump laterally, landing on your right foot, bending the left knee and raising the left foot. **2** Reverse the move to your left side, jumping at a 45° angle. Repeat alternate jumps for one minute, constantly moving forward.

WHY IT'S BETTER Jumping targets your butt and legs, and gets your heart rate up.

▼ A STEPPED-UP LUNGE

1 Stand with feet hip-width apart, facing a chair or bench. Step right foot onto chair, then press through left heel to drive left knee up and forward so thigh is parallel to floor. Pulse it twice while balancing on right foot and without leaning torso or hips forward, swinging arms for stability. **2** Repeat 10 to 20 times, then switch legs.

WHY IT'S BETTER Travelling vertically instead of just horizontally requires more effort. You'll also tap your core muscles to steady yourself once you're up. ▶



MORE FRUIT CELLS

For even more of nature's
goodness and flavour.



NEW

Now in a sleek
prisma pack that's
comfortable to
hold and easy to
open and pour.

WORKOUT



▲ A MORE POWERFUL PLANK

1 Stand with feet hip-width apart. Slowly bend at waist and touch floor with palms, bending knees if necessary. Walk hands forward one at a time until you're in a plank position with palms under shoulders. **2** Spring feet forward and land in a low sumo squat. Jump back in plank position and walk hands back towards feet. Stand and repeat. Do 10 reps.

WHY IT'S BETTER Bending and walking hands forward warms up your muscles while stretching them out, and jumping forward adds a cardio boost.

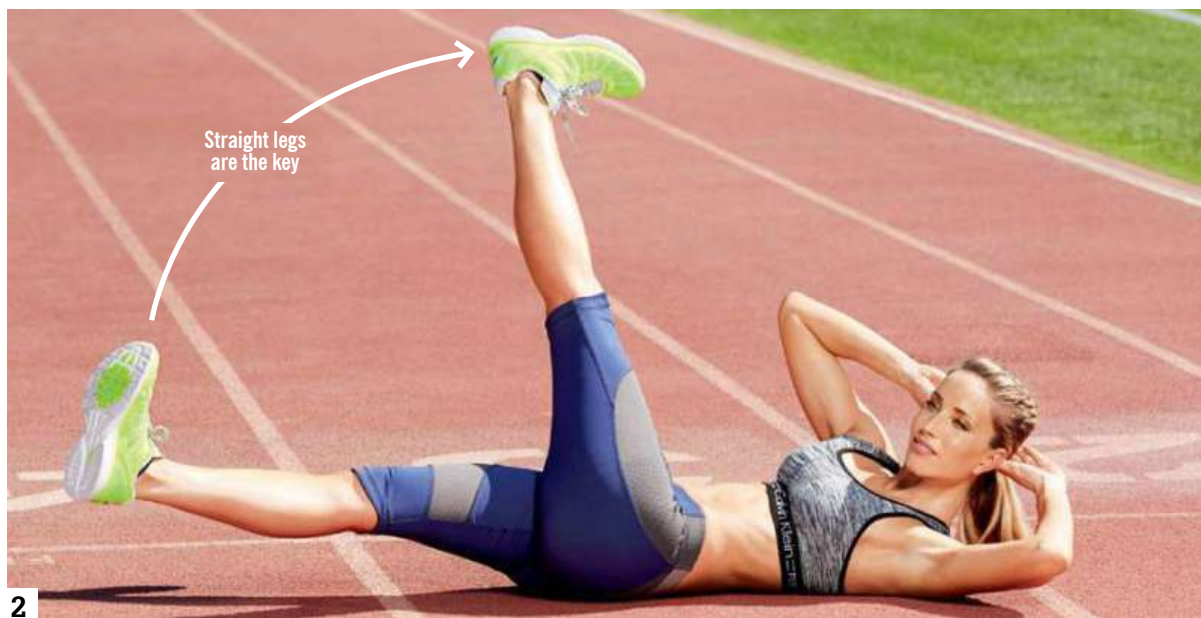


AN UPGRADED PUSH-UP

1 Place hands under shoulders on a chair or bench, and walk feet back. Place left hand behind lower back. **2** Jump both feet out to the sides and in. That's one rep. Do 10, switch hands and repeat.

WHY IT'S BETTER Using one arm at a time ensures each arm gets max toning (not just the strong one).

PHOTOGRAPHY PERRY HAGOPIAN



A RE-TOOLED BICYCLE

1 Lie on back, fingers behind ears. Lift shoulders and upper back, and raise legs so they're perpendicular to the floor. **2** Tilting feet inwards, lower right leg so it hovers above the floor and cross left leg over it. Return legs to perpendicular position, then repeat on the other side. That's one rep; do 10.

WHY IT'S BETTER Keeping your legs straight raises the difficulty for abs and obliques. The tilting works your thighs and butt. ■

ADVERTISEMENT
PROMOTION

OILY SKIN? DARK MARKS? NO PROBLEM!

Control the shine and reduce dark marks this summer with NIVEA's new Perfect & Radiant range for oily skin

Anyone with oily skin knows the struggle is real – especially in summer. The accumulation of excess oil and sweat can lead to blemishes and skin irritation, causing pigmentation and dark marks. NIVEA helps to control oily skin and restore even skin tone with Perfect & Radiant.

ENJOY A SHINE-FREE SUMMER

Don't let oily skin get in the way of a great summer – NIVEA will help keep it under control! Perfect & Radiant 3-in-1 Mattifying Cleanser is a facial wash, scrub and mask in one, designed for daily use. Made with white clay, it purifies oily, blemish-prone skin and prevents break-outs to reveal a more even-looking complexion.

NO NEED TO COMPROMISE

As tempted as you might be to skip moisturiser and sun protection to avoid oily skin, don't. The trick is to find the right product. NIVEA's new Perfect & Radiant Light Moisturiser SPF 15 has a light formula that cares for and helps mattify oily skin. It also provides sun protection you won't see or feel – a vital step to prevent further darkening. For best results, cleanse, moisturise with SPF 15 every morning and use the Facial Night Cream for overnight skin regeneration.

SCIENTIFIC PROOF

When selecting an even-tone product, choose one with scientifically proven results and skin compatibility. Formulated with Eventone Pure Active® and vitamin E, Perfect & Radiant works deep within skin cells to reduce dark marks at the source, where melanin is produced.

In addition to the oily skin range, Perfect & Radiant also has a range for all skin types. ■

9/10
WOMEN SAID
THEY WOULD
SWITCH*



Nivea.co.za

*Consumer study with 267 black women who bought an even-tone product in the last three months; two weeks of usage

S E R I O U S L Y ,

H O W

C A N Y O U

N O T

K N O W

Y O U ' R E



P R E G N A N T ?

We've heard all the news stories
but surely there are signs? We
asked an expert to explain... BY LAUREN SAMS

Weight gain.
Sore boobs.
Morning sickness.
Cravings.
Fatigue.
No period.

A human kicking your internal organs. The list of pregnancy symptoms is long and well documented, which is why it's always so bizarre when you hear of a woman who has absolutely no idea she's pregnant until she goes into labour. Take the case of 22-year-old Australian Kate Hudson, who was travelling around Europe last year when she found out that she was 38 weeks pregnant. Take South African Nokuthula Dlamini, 25, who *Health-e.org.za* reported 'got the surprise of her life when she was rushed to hospital with abdominal pains and discovered she was in labour'. Both women were young, healthy and unaware they were soon-to-be moms. Crazy, right?

It's not that uncommon. Approximately one in every 450 women doesn't know she's pregnant until the 20-week mark, and one in about 2 500 women doesn't know until she actually pops a baby out. To put that in perspective, it's more common not to know you have a baby on the way until you're practically in labour than it is to have triplets, where the chances are one in 6 889.

The question is, how? There are so many pregnancy symptoms that it is confounding to think that, in some women, they just don't appear at all. COSMO quizzed gynaecologist Dr Stephen Robson on the subject.

What are cryptic pregnancies?

When women don't realise they're pregnant, it's called a cryptic pregnancy. There are two types – hidden (where the woman's body doesn't give her symptoms or she is able to rationalise them) and denied (where the woman blocks out the pregnancy). Denied cryptic pregnancies are less common, says Robson, and usually occur in women with mental-health issues.

So how does it happen?

Most of us freak out when we don't get our period – it's enough to send anyone, whether she wants to be pregnant or not, to the pharmacy for a test. And while these over-the-counter options are generally fairly accurate, sometimes our bodies 'lie' and don't reveal a pregnancy. The hormone that's responsible for informing the body of a pregnancy, hCG, is often undetected in very early pregnancy, meaning tests can come back negative.

In some cases, levels of the hormone remain low throughout a pregnancy. Research by evolutionary psychologist Marco Del Giudice shows that this is often the result of stress. The hormone levels are lower to cut the 'costs' of pregnancy to the mother – it's evolution's way, he says, of ensuring the baby stays alive by reducing impact to the mother. This might account for the reportedly cryptic pregnancy of British soldier Lynette Pearce, who gave birth five weeks prematurely while serving in Afghanistan in 2012.

Cryptic pregnancies often occur in women with irregular periods. 'I see a cryptic pregnancy once every few years, and they are almost always first-time moms whose periods are all over the place,' says Robson. 'When you don't get a period like clockwork, I can see how you might forget it altogether.'

There are other factors at play, too – very athletic women often have irregular periods, and sometimes women who have put on a lot of weight (say, when they're pregnant) believe it's normal for their period to disappear as a result. Additionally, some women do experience bleeding during pregnancy that can be mistaken for their period – for instance, as a result of placenta previa, where the placenta sits over the cervix.

That tummy, though...

Okay, so perhaps the pregnancy test came back negative. But at a certain point, don't these women put on weight, like most pregnant women? Not always, says Robson. Low levels of hCG keep mothers' weight down, and if they do put on weight, it's quite gradual. 'It's a bit like the question of the baby kicking,' says Robson. 'At first, it's a few flutters, so women put it down to indigestion.'

It's the same with weight. After a while, it's a lot of movement and a fair bit of weight but it's gradual, so people tend not to notice it as much.'

No morning sickness, then?

Nope. Pregnant women who have higher levels of hCG have more severe morning sickness, so it makes sense that women with lower levels don't experience nausea at all. And if they do, says Robson, they can explain it away. 'If it doesn't happen often, women might think it's food poisoning or a virus.'

No symptoms = best pregnancy ever?

So you've got no symptoms, continue to eat soft cheese and guzzle G&Ts and still have a healthy baby? Great! Does this mean we're all being a bit too zealous about pregnancy in general? Nope, says Robson. 'While the risk of listeria (caused by the bacteria found in soft cheeses and deli meats) to pregnant women is still fairly low, it's high enough to be concerning. When it does happen, it is just so tragic. You'll most likely get away with it – but is it worth the risk?' It's the same with alcohol, says Robson. 'When foetal alcohol syndrome is the possible result, it's better to be safe than sorry.' ■

EVEN DOCTORS GET CONFUSED

'I got a call from the ER one night,' says Robson. 'The doctor said, "A woman has come in with pain, she's having cramps every few minutes and there's a hairy mass protruding from her vagina." I said, "Do you think she might be in labour?" I've never seen a doctor more embarrassed. So I understand how cryptic pregnancies can fool women – they fool doctors too!'



A woman with blonde hair, wearing a colorful patterned bikini, is hula hooping with a green hoop on a sandy beach. She is standing in front of a large yellow wooden building with vertical slats. The sky is clear blue. The text 'WHY YOUR 20s ARE THE MOST IMPORTANT DECADE OF YOUR LIFE' is overlaid on the right side of the image in large, bold, black capital letters.

WHY YOUR 20s ARE THE MOST IMPORTANT DECADE OF YOUR LIFE

IN YOUR 20s AND THINK YOU HAVE 'NOTHING BUT TIME'? THAT'S TRUE – BUT YOU HAVE TO USE IT WISELY

BY LAUREN SAMS

There's a scene in the first episode of *Girls* in which Shoshanna is reading from a dating advice book that refers to 'the ladies'. Hannah asks, 'Who are "the ladies"?' 'Obvi we're the ladies,' Shosh says. Jessa and Hannah both object: 'I don't want to be "the ladies",' says Jessa. 'You are,' says Shosh. 'I'm a lady, she's a lady, you're a lady. We're the ladies.'

Girls is a show that's all about the moment between adolescence and true adulthood, and its characters have come to define this limbo period. They have dead-end relationships, dud jobs and fights that make the *Pretty Little Liars* girls seem like Enid Blyton characters. Like a lot of us in our 20s, they're not ready to be 'the ladies'. In the immortal words of Britney Spears, they're not girls, not yet women. And that's why we love the show. It's real. It makes us feel okay about our not-so-sorted lives. Your shit's all over the place but hey, you're in your 20s, so that's fine, right? No-one else your age has their life sorted, either. Well, that's not strictly true.

SUIT UP, SUPERWOMAN

There's a breed of super-20-somethings who *do* have their shit sorted. Instead of using this decade as a throwaway 10 years to shun the Adult World, they used it to get stuff done. Instead of going from 20 to 30 with nothing to show for it but crushing credit-card debt, bad relationships and a job she's lukewarm about, the super-20-something capitalises on her 20s. And this could mean the difference between being Hannah Horvath and being Lena Dunham. ▶



PSYCHE

Clinical psychologist Meg Jay is the first to acknowledge that most of us cling to the idea that our 20s are for play and travel and all-night bar-hopping and sleeping with unsuitable men – and not much else. And, hell yeah, it's totally the time for having fun before you're hit with a bond. But without sounding all judgy, is adult-shunning being embraced a little too much – to our detriment? It's not helped by a culture that 'infantilises' 20-somethings, according to sociologist Frank Furedi. We've all seen that Instagram post, 'I don't want to adult today'. There are many books focused on the collective freak-out that is our 20s (like Emma Koenig's *F*ck! I'm In My Twenties*) and even a 'preschool' in New York for adults who want to revisit being treated like a child.

Our 20s are a time for exploration and some carelessness, to a degree, says Jay, who argues that 30 is *not* the new 20 in her hugely popular TED Talk. But spending 10 whole years doing this, without anything to show for it? That's when life catches up and you can find yourself, to paraphrase Jay, playing a game of musical chairs, where you're the last person to sit down – so you go for the closest chair, even if it's not the best one.

20-20 VISION

The power of your 20s is enormous.

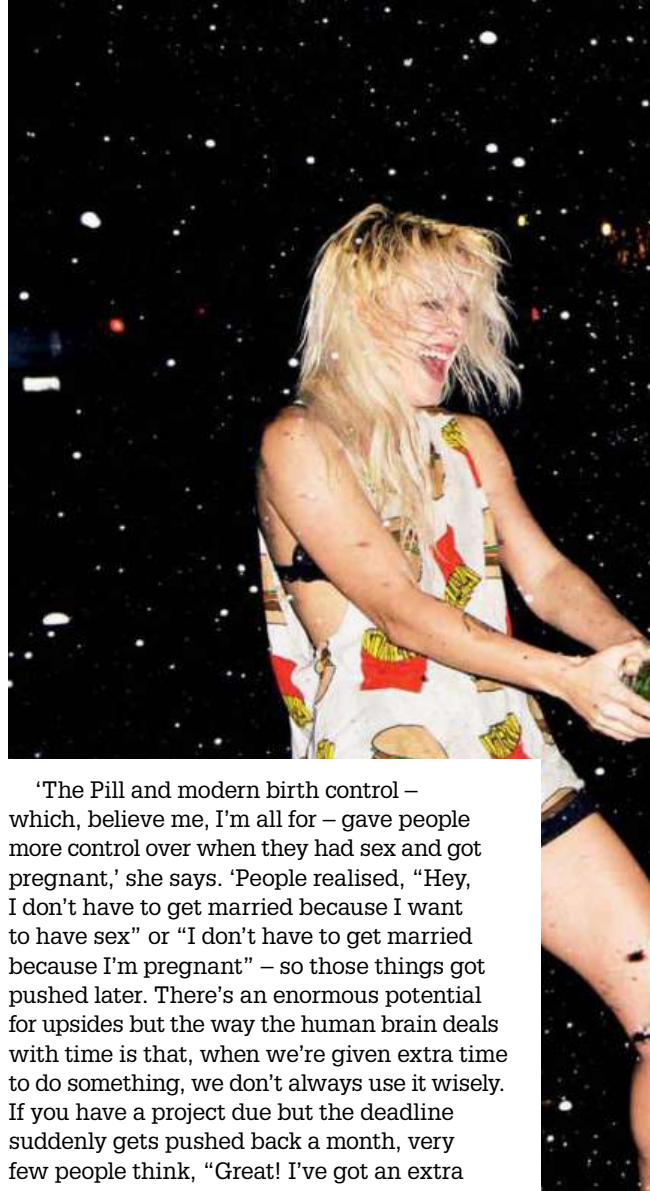
Research shows that most of our earning potential happens in the first 10 years of our career. Our fertility peaks in our 20s. And, as Jay points out in her TED Talk, 80% of life's most-defining moments take place by age 35. That means eight out of 10 of the experiences and decisions and moments that make your life what it is will have happened by your mid-30s. We know that the brain caps off its second and last growth spurt in your 20s as it rewires itself for adulthood – which means that whatever it is you want to change about yourself, now is the time to change it.

How did we get to a point where we think of our 20s as a sort of 'nothing' decade? After all, most of our parents were probably married in their 20s, and had their kids then too. Today, the median age for first-time marriage is 30 for women, according to Statistics South Africa. In 1985, it was 26.

In a lot of ways, the push towards getting married, taking out a home loan and having kids later is good – it means we have more time to think about what we really want from these milestones. The problem, says Jay, is that without a 'deadline' we don't do much work to ensure that we do know what we want.

29

THE AGE AT WHICH BRIDGETTE RADEBE (ONE OF THE RICHEST WOMEN IN AFRICA, ACCORDING TO *FORBES*) LAUNCHED MMAKAU MINING



'The Pill and modern birth control – which, believe me, I'm all for – gave people more control over when they had sex and got pregnant,' she says. 'People realised, "Hey, I don't have to get married because I want to have sex" or "I don't have to get married because I'm pregnant" – so those things got pushed later. There's an enormous potential for upsides but the way the human brain deals with time is that, when we're given extra time to do something, we don't always use it wisely. If you have a project due but the deadline suddenly gets pushed back a month, very few people think, "Great! I've got an extra month to make it better." Most think, "I'll wait till it's closer to the due date."' Sometimes we need a sense of urgency to get things done.

24

THE AGE AT WHICH AUSTRALIAN BANKER GAIL KELLY SWAPPED TEACHING FOR A JOB AS A TELLER AT NEDCOR IN JOHANNESBURG. LAST YEAR, SHE WAS LISTED AS THE 56TH MOST-POWERFUL WOMAN IN THE WORLD

WHAT TO DO INSTEAD

One of the most important things we can do in our 20s, says Jay, is to invest in our own 'identity capital'. Identity capital is anything that adds value to who you are and what you want to be, and your 20s are the perfect time to invest in it because you have fewer responsibilities than you will later. The trick is to figure out what will build your capital. It could be a gap year volunteering overseas, an internship at a law firm or going back to university.

Building capital isn't about procrastinating – it's about exploring and learning. Exploring is moving towards something; procrastinating is avoiding something. And for some people, building identity capital could be as simple as learning to take opportunities as they come.



80%

OF LIFE'S
MOST-DEFINING
MOMENTS TAKE
PLACE BY AGE 35

It's when we talk to strangers at parties or follow up with family friends who might work in a field we're interested in that we work on our weak ties. 'A broader network has more opportunity,' says Jay. 'So many of our first jobs, apartments and relationships come from expanding our horizons, speaking to people we don't know all that well.' It's taking that idea of exploration and actually making it work for us.

Of course, life isn't over at 30, and those traditional hallmarks of adulthood (home, kids, marriage, career) aren't for everyone. But it's worth using your 20s as a stepping stone to figuring out what you want – by exploring, learning, capitalising on weak ties and building identity capital. If all of this seems overwhelming, you're not alone. 'There are so many choices for young adults today,' says Jay. 'That's a good thing but it can also be confusing. I tell my clients not to think about the infinite choices. Your 20s are a time to reflect on what you know about yourself and put it all into practice. If you've never had the desire to be an architect, it's probably not for you by this stage. Be mindful about your choices and don't let them choose you.'

So what if you're reading this aged 31? Don't worry. 'Just because I focus on 20-somethings doesn't mean I think it's too late to put these things into practice later,' says Jay. 'The time to start is always now.' ■

Henry Siu of the Vancouver School of Economics says job-hopping in your 20s is 'correlated with higher income because people have found a better match – their true calling'. So if you think a job will be a good stepping stone, take it. 'Young adults are often worried they're going to take a job that they'll be trapped in. They're afraid to commit because they worry a job they're lukewarm about will define them,' says Jay. 'I say, if it adds to your identity capital, do it.'

The other thing people in their 20s should be doing is using their 'weak ties', says Jay. When we think of pop culture 20-somethings, we think of the urban tribe: Hannah and the girls; Monica, Rachel and Phoebe; Abbi and Ilana from *Broad City*. They have strong friendships – so strong, we rarely see them with other people. Jay says this is 'overrated'.

'Your best friends are great – they're the ones who'll come with chicken soup when you're sick,' she says. 'But you already know everything your best friends know. They already know the things you know. There's no new information coming in.'

29

THE AGE OPRAH
WAS WHEN SHE
BEGAN HOSTING
A LOW-RATED
TALK SHOW.
THREE YEARS
LATER, IT WAS
SYNDICATED
AND BECAME
THE OPRAH
WINFREY SHOW

DON'T LAUGH AT US JUST YET

THESE ALTERNATIVE STRESS-BUSTING
TECHNIQUES MIGHT SOUND BANANAS
BUT THEY WORK. TRUST US! BY LISA WITEPSKI

Colour in

WHAT? Colouring-in books aren't just for preschool. Adult colouring-in books are big news: in January, five of Amazon's top 10 books were adult colouring-in books.

WHY? According to art therapists, colouring in stimulates the senses and lets creativity flow. You can also express your mood by using different colours, and the action produces a feeling of calm.

DO IT NOW Buy the book that started the global trend – *Secret Garden* by Johanna Basford (R249 at Takealot) – or see Arttherapy.co.za for details of upcoming art therapy workshops.

Bound and rebound

WHAT? Trampolining has all the endorphin-releasing benefits of traditional workouts, plus a few added benefits.

WHY? According to Nicolle Weir, COO of Bounce Inc, trampolining lets you get in touch with your inner child and just have fun. If you're into science, jumping also uses gravity's pull to energise your cells and make you feel great.

DO IT NOW Book a session at one of Bounce Inc's trampoline parks in Jo'burg or Cape Town – check out Bounceinc.co.za for more.

Nap during work

WHAT? Multinationals around the world (including Google and the Huffington Post) have nap pods on their premises. As most people are logging longer working hours than ever before – and, thanks to the Internet, usually working at home in the evenings too – taking a nap during the day isn't taboo any more.

WHY? Taking a midday nap is kind of like rebooting. Companies that follow this route say their employees are happier and more productive as a result.

DO IT NOW Still, your boss could be less-than-impressed to catch you sneaking a power nap in the boardroom. Instead, make sure you take your lunch break, and have a snooze in your car. Just getting away from your desk should help to boost your energy.

Write a story

WHAT? Even if you're not the next EL James, writing a story (or telling one) can be extremely therapeutic.

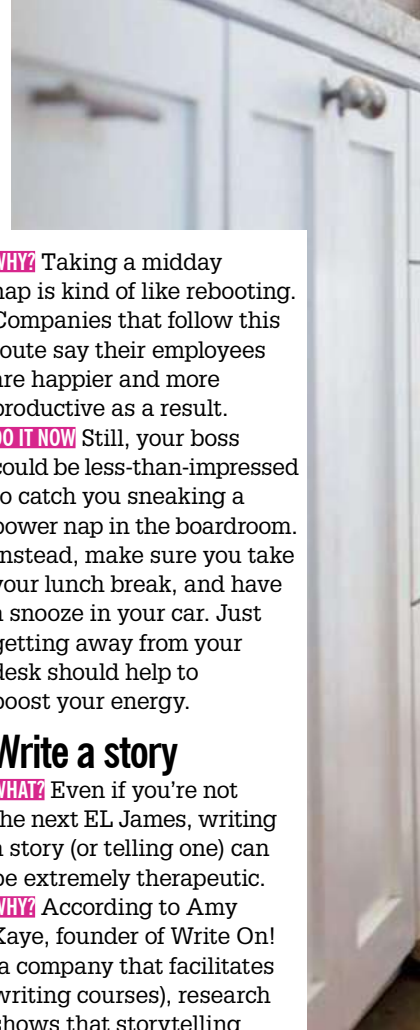
WHY? According to Amy Kaye, founder of Write On! (a company that facilitates writing courses), research shows that storytelling helps to relieve stress because 'We are wired to share stories. Gossip makes up 65% of our daily conversation!' Writing down a story – using pen and paper – helps you slow down and strengthen the connection between your mind and your body. It also helps release stored emotion and allows you to analyse and process what's going on in your life.

DO IT NOW Follow @WriteOnSA on Twitter for information about courses.

Reset your spine

WHAT? You may have used chiropractic massage to address sports injuries – but it can also play a role in reducing stress.

WHY? According to Dr Robert Delgado of Delgado Chiropractic Spinal Care & Lifestyle Engineering, movement of the spine is critical for general health.





“AS MOST PEOPLE ARE LOGGING LONGER WORKING HOURS THAN EVER BEFORE AND, THANKS TO THE INTERNET, USUALLY WORKING AT HOME IN THE EVENINGS TOO, TAKING A NAP DURING THE DAY ISN'T TABOO ANY MORE”

The problem is everyday stress – or even things such as bad posture – can affect the alignment of our spine, which compromises communication between the brain and the rest of the body. A chiro session can help to correct this alignment so that the damage is reversed and your nervous system is good to go again.

DO IT NOW To find a chiropractor near you, check out the Chiropractic Association of South Africa (www.chiropractic.co.za).

Headbang to metal (Yes, really)

WHAT? You know that music is a must when you're having a stress attack, especially if it's soothing (or Taylor Swift, of course). But your old Metallica album can have the same effect.

WHY? Research from the University of Queensland, Australia shows listening to heavy metal can release anger – apparently because the energy of the music matches your mood.

DO IT NOW Download a bunch of '90s classics: *Du Hast* by Rammstein, AC/DC's *Thunderstruck* and *Enter Sandman* by Metallica are great options.

Go barefoot

WHAT? It's not just for kids: Supercell, a multi-million-dollar Finnish gaming company, requests that employees remove their shoes every day before entering the office.

WHY? Dr Dieter Breithecker, a German ergonomics researcher, has found a connection between experiencing sensation on the soles of the feet and reduced stress.

DO IT NOW Much as you love your heels, slip them off as soon as you get home – and take barefoot park or beach walks to feel different textures on your feet.

Check your heart

WHAT? The hand-held emWave2 is supposedly the ultimate device when it comes to managing stress.

WHY? Much like a heart monitor, the gadget collects info about your heart rate. Plug it into a computer to see what your heart's doing: when you're stressed, your heart rhythms are erratic but become more regular when you're relaxed.

Seeing them expressed visually helps you get a grip because you can literally see yourself calming down. It helps you learn to change your heart-rhythm patterns to create more peace.

DO IT NOW Get it for R2 990 at Heartmathsouthafrica.co.za.

Get into citrus

WHAT? Oranges and lemons are your surprise weapons in the fight against stress.

WHY? According to Japanese researchers, lemons contain a chemical (linalool) that helps turn off the classic adrenal response of fight or flight. Squeeze the juice into water – or even just sniff lemons to get the benefits. Not a fan? Eat an orange: vitamin C has also been shown to reduce the levels of stress hormone cortisol.

DO IT NOW Hit the veggie section at the supermarket to load up on fresh produce.

Smooch. All the time!

WHAT? Kissing your partner – and not just during sex – will lower the stress levels in other areas of your life too.

WHY? A recent study of 2 000 couples showed that those who kiss only during sex are eight times more likely to suffer from stress and depression. Laura Berman, assistant clinical professor of psychiatry at Northwestern University's Feinberg School of Medicine, says that kissing relieves stress by creating a sense of connectedness. 'This releases endorphins – the chemicals that counteract stress and depression,' she says.

DO IT NOW The minute you see your man after a hard day, kiss him. Do the same before you leave for work! ■

'THE MORNING AFTER... MY LIFE CHANGED FOREVER'

These four stories show how
YOUR LIFE CAN TURN
ON ITS HEAD OVERNIGHT,
IN VERY
DIFFERENT WAYS

AS TOLD TO REBECCA SLOAN



I walked back through the bush in designer PJs as the sun was coming up. I packed my things, ready to

catch a lift back to the airport. I'd just spent the night with a sex wizard and it was the most incredible evening of my life. It set me on a path to reconnecting with myself – someone I'd been mistreating for years.

'In my early 20s, I slept with a lot of men. My self-esteem had become dependent on how attractive I was to guys. I hated that I kept putting myself in degrading sexual situations. That's when I heard about sex camp, a four-day retreat teaching empowerment around sexuality. It sounded pretty out-there but there was a big emphasis on safety – you didn't have to do anything you didn't want to do. So I bought a ticket.

'It's an alcohol- and drug-free zone. It's more like teachers speaking to you rather than one big orgy. You can't walk up to someone and expect sex. You can't even hug people without their permission.

'During the retreat I went to a Tantric workshop taught by a man who referred to himself as a sex wizard. He was a bit like Dumbledore – bearded, wise, close to 60; he even carried a staff. He was broad and masculine, and I found him attractive.

'He showed me that sex wasn't a performance or a transaction but a way to connect with myself'

'I was enthralled as he spoke to us about the link between sexuality and spirituality, and the transformative power of the female orgasm. I asked him whether he'd sleep with me, and we spent the evening together. Using Tantric teachings, he helped me find my own femininity and strength. He got me to look at my own body and touch it. He made me see that I deserved respect. I felt a release of emotion – one minute I was laughing, the next I was sad. It was the first time I'd ever had orgasms that shook my insides.

'The sex wizard opened my mind to how important healthy, intimate sex is. He showed me that sex wasn't a performance or a transaction but a way to connect with myself and another person. That night was a huge turning point for me.'

Tara O is the author of Wildly Irresistible: 6 Keys To Becoming The Hottest (And Happiest) Woman You Know! (about R150 at Amazon). ▶

REALLIFE

THE MORNING AFTER...

I SLEPT WITH
**A SEX
WIZARD**

-TARA O, 29

THE MORNING AFTER...

I GAINED A SON

-CATHY*, 34

My son Martin* is not my biological son. He's my foster son. He was taken away from his parents at the age of three and spent three years in a children's home, which is where my husband MJ* and I met him and fell in love with him.

'We were initially asked to be "holiday parents", to take him for weekends and school breaks. We couldn't fathom the idea of being a child's parent only on occasion so we enquired about fostering him. After he spent a December holiday with us, we were approved as foster parents. Then, on 20 February 2015, I got the call from the social worker, saying that he could stay.

'I remember the relief I felt as I ended the call; my husband and I could finally call ourselves parents, after three years of unsuccessfully trying to have a baby.

'Martin was overwhelmed at the news. Although we'd prepared him for what was going to happen, when we sat him down and told him he could stay, he crawled onto MJ's lap and asked, "Forever?", with his big brown eyes full of happiness.

'As any parent can tell you, having a child join your family changes its dynamic.

Martin is what child services would call a "hurting child" or a "child from a difficult place", so we've certainly had our share of difficulties. He struggles to trust adults, has difficulty voicing his emotions, suffers from nightmares and still wets his bed. Where other kids his age are playing sports after school, he has to see a therapist once a week.

'Our routine has changed. Our "new normal" includes conversations about the effect neglect has on a child's development, and how we can achieve successful attachment with Martin. But when he closes his eyes at night and thanks God for mommy and daddy, I wouldn't want it any other way.'



THE MORNING AFTER...

I WAS DIAGNOSED WITH EBOLA

-DECONTEE DAVIS, 24

By the time it was confirmed I had Ebola, I'd been in the treatment centre for a week. I was lying in a bed unable to move, and the pain was so bad. People were dying around me and I thought, "I'm going to join them."

'I first heard about Ebola in March last year but didn't realise the virus had crossed from Guinea into Liberia, where I live. We thought it was contained, and didn't know we had to protect ourselves from it.

'I caught the virus from my aunt-in-law. I took food to her when she was ill; at the time we didn't have any idea she could have Ebola. We thought she'd recover and didn't even think about protecting ourselves. Sadly, she died. A week later, everyone who'd been in contact with her got ill.

'I was taken to an Ebola Treatment Unit. Four days later my fiancé, Peter, came in too. We have a five-year-old son. I didn't see Peter at first but I could hear him screaming. He was in a lot of pain but he recognised me.

No words can describe seeing someone you love like that. They were the last moments we spent together; he passed away that day.

'There's no cure for Ebola, just treatment for the symptoms. Somehow, my body was fighting it. After two weeks I was able to bathe and brush my teeth again. I was discharged and went home to my parents and son. In my absence, my family had been stigmatised. They found it hard to buy food because everyone believed their money was infected. My son couldn't play with his friends because they were afraid.

'I'm grateful to be here to look after my son. Other children weren't so lucky. I volunteer at ChildFund's interim care centres for Ebola orphans, trying to find homes for them. ChildFund has reunited more than 300 kids with extended families or found alternative homes. We're making a difference but there's a long way to go.'

Donate to ChildFund at Childfund.org.au. ▶

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**THE MORNING AFTER...
I FOUND OUT ABOUT MY
CERVICAL
CANCER**

-CHANTEL RALL, 35

It all started with a visit to a doctor for a checkup. I hadn't been for a while, so I made an appointment. A few days later, I got a call that changed my life. The test results were abnormal and I needed to have a biopsy of my cervical tissue.

'When my doctor called me back for an urgent appointment, I knew it couldn't be good news.

**'I needed a clear goal.
I decided Ironman
was big enough.
It's one of the most
gruelling triathlon
events in the world'**

He told me I had Stage IIIB cervical cancer. I remember feeling shocked, horrified and alone, although I was grateful to have the support of my mother. A team of doctors made the unanimous decision for me to have a radical hysterectomy. Even the name terrified me. But more than that, I kept thinking this couldn't be happening to me – at 32, I was too young.

'The fight to recovery included sonar scans, X-rays, blood tests and cardiologist appointments to ensure my heart was strong enough to cope with possible chemotherapy and radiation. Looking back, the sadness I felt wasn't because of the cancer diagnosis – it was the realisation that I would never be able to have my own children. Everyone tried to reassure me that everything would be okay,

but there were days when I wanted to shout, "NO, it won't be okay!"

'I couldn't stand being stuck in bed, not able to walk from the surgery. It's easy to fall into a depressive state. I needed to make a change. To get through it, I needed a clear goal. I decided Ironman was big enough. It's one of the most gruelling triathlon events on the world sports calendar. I'd always wanted to do an Ironman ultra event but I'd never really had the motivation. When I found out about my diagnosis, it dawned on me that perhaps I didn't have as much time as I'd always thought I did. No-one does.

'These events are not for the faint-hearted. I had to change my lifestyle: no late nights, no more drinking, only healthy eating and consistent training. It takes a huge amount of determination to get up every morning at 5am to train!

'Today, I've completed two full Ironman events (3,86km swim, 180,25km bicycle ride and 42,2km run), two half-Ironman events and many other races, including the 203km Coronation Double Century cycle race. Last month I completed the Ironman 70.3 in Croatia, and this month I'll be doing Ultra-trail Cape Town.

'The diagnosis changed the way I look at life. It taught me that sweating the small stuff isn't going to make a difference to anyone. That gave me the freedom to really focus on doing the things that I love. And yes, I beat the cancer.'

For cancer support, call CANSA: ☎ 0800 226 622. ■

LADIES, ENJOY A HEARTY OMG-I- CAN'T-BREATHE LAUGH ON US.

As seen on DStv *guy* JHB 50018/CJ



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**SCARY
TREND!**

WOMEN TAKING DATE-RAPE DRUGS ... FOR FUN?!



IN A FRIGHTENING NEW TREND, YOUNG WOMEN ARE TAKING GHB AND OTHER PREDATOR DRUGS RECREATIONALLY — WITH POTENTIALLY DEADLY RESULTS

BY GLYNIS HORNING

As party season approaches, most of us will be watching our drinks to prevent being slipped a date-rape drug. But some young women will be actively seeking out these drugs to get high. One in particular is proving to be a popular choice: gamma-hydroxybutyrate, or GHB.

'GHB is being used recreationally and I believe it's on the rise,' says Jo'burg addictions counsellor Joanne Brodie, author of *Woman, Trashed* and *People Who Are Addicted To Sex*. 'There's been an increase in use on the party scene,' adds Alex Hamlyn, director of rehab centre Houghton House. 'It's apparent from patients committed for treatment.'

One of them is Sarah*, a 34-year-old graphic artist. A dealer friend introduced her to 'Blue Juice' at a party – coloured GHB liquid. 'He administered it with a syringe, just a millilitre, two if you were big, or you'd pass out,' she says. 'I had mine in juice. It was like six tequilas in one go. I felt fabulous. Invincible! All inhibitions go. There was no hangover. I felt very alert.'

Within a month, Sarah was taking GHB on weekdays too, with crystal meth; then she had it daily, swallowed straight from the syringe. 'Sometimes I'd black out but I'd be up when my man got home. I thought I was okay,' she says.

That changed the day her dealer friend deliberately gave her too much, had sex with her when she lost consciousness, and recorded it. 'He sent it to a mate to brag, but the mate knew my boyfriend and showed him. He was devastated.'

Even so, Sarah could not stop. 'I was frightened but I craved the feeling it gave.' The turning point came only when she overdosed at a music festival. Her partner found her hours later, sprawled on a field. 'He took me to Houghton House.'

'GHB is a dangerous drug; it can be fatal,' says Hamlyn. 'Every user I've come across reported unconsciousness and incapacitation as a result of accidental overdose, which is not difficult to do, and I've heard of people dying. Mixing GHB with alcohol or benzodiazepines is lethal. The risk of negative consequences is very real.'

GHB breakdown

Some users claim GHB gives a 'natural' high

because it occurs in small quantities in the central nervous system and we metabolise it into oxygen and carbon dioxide, excreting it through sweat, urine and breathing without harming our kidneys or liver. 'But it's not safe,' says David Bayever, a researcher at the Department of Pharmacy & Pharmacology at Wits, and deputy chairman of the Central Drug Authority. 'Opium is also natural.'

In any case, commercial GHB is created from gamma-butyrolactone and sodium hydroxide, chemicals available in certain industrial solvents and pharmaceuticals. 'They're found in paint stripper and drain cleaner!' says Brodie.

GHB was first synthesised in the '60s as an anaesthetic and sleeping agent before better options overtook it. It also has anabolic effects that help protein synthesis, says Bayever, and in the '80s was marketed as a fat-burner and muscle-developer used by body-builders. But after more than 30 reports of GHB-associated illness, the US Food and Drug Administration banned it in 1990. ▶



DEAL WITH AN OVERDOSE

SPOT IT GHB causes paleness, incoherence, difficulty breathing, inability to stand, shaking and the loss of consciousness.

TAKE ACTION

Keep the person awake and moving – walk with her, talk to her, squeeze her hand. Don't leave her alone – she could throw up and suffocate on vomit. If she must lie down, lie her on her side to prevent choking. If she's not breathing, do CPR or find someone who can. Immediately call paramedics: you need to tell them that you think the person may have taken something. Tell the paramedics all you know about her – they are not the police; their job is to save lives.

REPORT

GHB surfaced on the club scene in Europe in the late '90s and has been in South Africa for about 10 years, says Charles Parry, director of the Alcohol, Tobacco and Other Drug Research Unit at the South African Medical Research Council. As Liquid E or X, Grievous Bodily Harm, Goodnight Cinderella, Easy Lay, Cherry Meth, Organic Quaalude, Gook, G-juice or Blue Juice, it's used for euphoria, relaxation and as an aphrodisiac, to increase libido and extend orgasm.

It works on dopamine, a neurotransmitter that helps control the brain's reward and pleasure centres, says Brodie. It also affects levels of the neurotransmitter serotonin, which plays a key role in mood and happiness.

Rape connection

At the wrong dose, GHB has less pleasant effects, including loss of muscle control, loss of memory and loss of consciousness, reports SANCA Durban director Ishara Poodhun. Because it is colourless, odourless and largely tasteless (although salty), and hard to test for, it's abused as a date-rape drug, along with Rohypnol and Ketamine Hydrochloride.

Early reports of this here and abroad prompted the Medicines Control Council to ban GHB in 2000 but that has not stopped its use. John Buswell, CEO of Rape Wise, reports that spiking women's drinks is on the rise at house and university parties, and tells of two young women who passed out at a party on the East Rand. They woke with no memory of what had happened, and later found sexual pictures of themselves on social media.



STOP USING!

COSMO NEVER CONDOMES DRUGS BUT IF YOU'RE BATTLING ADDICTION, WHILE SEEKING HELP...

- > **Don't drink alcohol:** the smallest amount can be deadly with GHB.
- > **Don't use alone:** passing out in public leaves you extremely vulnerable. Have a friend nearby.
- > **Know the source:** never buy on the street.
- > **Know the dose:** the difference between happy and dead can be a matter of drops.
- > **Keep hydrated:** drink lots of fluids.
- > **Don't drive:** you're an accident waiting to happen.

Apart from physical repercussions, including injuries and infections, the emotional impact can be enormous, says Pretoria clinical psychologist Voula Samouris, who has dealt with cases of campus date rape. Typically, young women going for a drink or to a party 'come to' in bed alone or with a guy, not sure what happened. 'They tend to fill memory gaps with various scenarios, wondering how many men violated them or watched, and whether they were filmed,' she says. Because they don't have answers, they keep revisiting it in their heads, suffering repeated trauma.

Recreational fun

At a low dose, GHB's effects are comparable to alcohol and MDMA (Ecstasy): it lowers inhibitions and increases sociability, empathy and sensuality, enhancing experiences at parties and raves. 'It doesn't surprise me that the use of synthetic or semi-synthetic drugs in general is on the rise, as more educated people see them as safer – and because they can be used to create different effects tailored to users' particular needs at any given time: wellbeing, energy, sexual arousal,' says Parry.

GHB seems especially popular among trendy women in PR and media, which doesn't surprise him either. 'Media people are probably well-informed, and likely to work under stressful conditions – long hours with deadlines – and be willing to take risks,' he says. 'They know what's out there and might have contacts who can supply them. The same can apply to actors and artists.'

But Bayever believes young women are also drawn by the fat-burning properties of GHB. 'This is usually the reason they use it,' he says – along with a belief that it's safe if you don't overdose or mix it with other drugs or alcohol.





FIND HELP

IF YOU USE GHB
(OR A FRIEND DOES),
GET INFORMED AND
GET HELP:

> **SANCA**

☎ 086 147 2622 (toll-free), Sancanational.org

> **Cape Town Drug Counselling Centre**

☎ 021 447 8026, Drugcentre.org.za

> **Narcotics Anonymous (South Africa region)**

☎ 083 900 6962, Na.org.za

> **Houghton House**

☎ 079 770 7532 (24-hour helpline), Houghtonhouse.co.za

> **Riverview Manor**

☎ 033 701 1911, Riverviewmanor.co.za

> **Crescent Clinic**

☎ 021 762 7666, Crescentclinic.com

> **Joanne Brodie,**

☎ 071 678 3370, Joannebrodie.com

'GHB in 2015 sounds incredibly seductive,' says Brodie. 'If you're working hard but also want to play hard and not risk getting caught (in drug tests, for example when driving), it can seem the drug for you. I'm sure there are plenty of people feeling good and relaxed on GHB, appreciating music more, dancing and talking more. But while some may be able to sustain this, I believe many more will not, and it's extremely easy to go from feeling chilled to overdosing. Although you might do the same on alcohol, the consequences are not nearly as extreme.'

Deadly danger

A GHB overdose can result in slowed heart rate and breathing, lowered body temperature and blood pressure, vomiting, seizures, coma and death. The margin between a good experience and a lethal dose is narrow – and fast, says Bayever. 'Cases have been reported where unconsciousness occurred within 15 minutes.'

Accidental overdose is easy, as GHB strength varies depending on the chemicals and possible contaminants used. It could be imported illicitly or manufactured here, says Andy Gray, a senior lecturer in pharmacology at the University of KwaZulu-Natal. It's also sold in some

adult sex shops and gyms, and ingredients can be bought in kit form online, says Bayever. It's difficult to determine an accurate dose for your body size; potency is also affected by variables such as the amount of food in your stomach.

When you overdose, Brodie says, 'You can end up in hospital with staff who are not trained in this drug. As you become disinhibited on GHB, it becomes easier to consider using other substances, which can be fatal.' Being disinhibited also encourages 'hectic sex sessions', she says. 'This can lead to tiny tears around the genitals – a route of transmission for HIV and hepatitis. One recovering addict told me they used GHB with other drugs. Another said, "I used it with my ex because it made us f*ck like rabbits. The scary thing is it can put you in a conscious paralysed coma. I overdosed and landed in hospital for a week."'

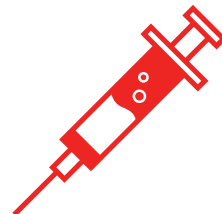
Cleaning up

Good treatment programmes are needed for GHB detox, which can manifest severe withdrawal reactions such as insomnia and anxiety, especially if other drugs and alcohol are involved, as in Sarah's case.

'Physically I didn't find it too bad but it was emotionally daunting,' she says. 'GHB messes with the endorphins so it's hard for your body to start producing them itself. It took six months for me to feel normal again.'

Today she doesn't touch any drug or drink. 'I gym for an endorphin rush! And my home life and work life have never been this good.' ■

*NAME HAS BEEN CHANGED



CLUBBED TOGETHER

CLUB DRUGS
WITH SIMILAR
EFFECTS TO GHB
AND LINKED TO
SEXUAL ASSAULT:

ROHYPNOL
(flunitrazepam),
aka roofies, Rope

The most notorious date-rape drug is a tranquilliser with sedative-hypnotic effects when used recreationally. 'We haven't treated a GHB addict but we see about four cases of Rohypnol addiction a year,' says Maryke Page, a counselling psychologist at Riverview Manor in KwaZulu-Natal. 'It's expensive – and very addictive. We recently had a client who took 20 a day.'

KETAMINE
HYDROCHLORIDE,
aka K, Special K,
Kit Kat, Dorothy

Like GHB and Rohypnol, this is a tranquilliser linked to date rape. According to Cape Town's Counselling Information Centre, the 'forget drug' is an anaesthetic used mainly by vets, and is taken by clubbers for the energy rush. Overdose can slow breathing, stop the heart, and cause unconsciousness and death.

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OF STYLE - BUT MAKE
SURE THE FIT AND CUT
FLATTER YOUR SHAPE.

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and jacket R2600,
both KLUK CGDT FOR LEVI'S.
Earrings R115, COLETTE
HAYMAN. Rings R150 for
eight, LOVISA. Phone case
R149, FACTORIE. Bag R299,
ROYAL T at Superbalist.
Shoes R2 250, SCHULTZ
at Castelo

FRONT-ROW

THE KEY TO WEARING DRAMATIC
EVENINGWEAR DURING THE DAY
IS TO DRESS IT DOWN WITH A
WHITE TEE, A LEATHER JACKET
OR A PAIR OF SNEAKERS.

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OF A VERY
SPECIAL WARDROBE.

*Dress R1380 and skirt
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KUITERS + JODY PAULSEN.
Sunglasses R8400,
PRADA at Sunglass
Hut. Earrings R790
and bangles from
R890 each, all STEFFANY
ROUP. Rings R150 for
eight, LOVISA. Shoes
R1399, WITCHERY*



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Magazine,
on Twitter
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IF YOU'RE GOING TO FLASH
SOME SKIN, PICK ONE AREA
AT A TIME – IF YOU BARE YOUR
MIDRIFF, FOR EXAMPLE, DON'T
SHOW OFF YOUR CLEAVAGE.

*Cropped top R349, WITCHERY. Jacket
R3500, LALESSO at Merchants On
Long. Jeans R1900, KLÜK CGDT FOR
LEVI'S. Earrings R150, LULU BELLE.
Rings R150 for eight, LOVISA.
Bag R399, ROYAL T at Superbalist*



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AND MODERN
PIECES TOGETHER.**

*Dress R11500, MARIANNE
FASSLER. Jacket R2699,
G-STAR RAW. Earrings
R150, LULU BELLE. Bag
R875, BANANA REPUBLIC
at Stuttgards. Shoes
R999, RIVER ISLAND*

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MAKE YOU FEEL BOTH
COMFORTABLE AND SEXY.**

*Dress with belt R7950, TART
at The Space. Earrings R100,
LOVISA. Bag R340, TRUWORTHS.
Shoes R1299, STEVE MADDEN*



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AND BREAK THE RULES
- WHO SAYS YOU HAVE
TO WEAR A TUXEDO WITH
A WHITE BLOUSE?**

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Pants R8500, TIGER OF SWEDEN.
Earrings R790, STEFFANY ROUP.
Rings R150 for eight, LOVISA.
Bag R399, ACCESSORIZE. Key
rings R69 each, FACTORIE.
Shoes R1299, STEVE MADDEN*

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**HAVE FUN
WITH CLOTHES,
AND EXPERIMENT
WITH DIFFERENT
COMBINATIONS.**

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dungarees
R1400,
both SHANA
MORLAND.
Earrings R150,
LULU BELLE. Rings
R150 for eight,
LOVISA. Bag R329,
ROYAL T at
Superbalist.
Phone case R149,
FACTORIE. Shoes
R599, MADISON*

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EMBRACE STYLE
DEMOCRACY BY
MIXING SPORTSWEAR
WITH COUTURE, AND
CHAIN-STORE
HEROES WITH
LUXURY BRANDS.

*Sports bra R999,
CALVIN KLEIN.
Jumpsuit R1480,
ADRIAAN KUITERS
+ JODY PAULSEN.
Jacket R999, PUMA.
Earrings R150,
LULU BELLE. Rings
R150 for eight,
LOVISA. Bag R449,
ACCESSORIZE. Shoes
R1299, STEVE MADDEN*

Follow Adriaan
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**LIMIT ACCESSORIES
- WHEN YOU CAN'T
REMOVE ANYTHING,
YOU'RE WEARING JUST
THE RIGHT AMOUNT!**

*Shirt R120, MRP. Skirt
R889, H&M. Sunglasses
R4660, DOLCE & GABBANA
at Luxvottica. Bangle
R890, STEFFANY ROUP.
Bag R299, ROYAL T
at Superbalist. Shoes
R599, LUELLA at Foschini*

**For sneaky behind-
the-scenes snaps
of local fashion
weeks, follow
show producer
@deonredman
on Instagram**

FASHION ASSISTANTS
CLEO MARCOPOULOS
AND LARA MALAN
FASHION INTERNS
CLARE ROBERTSON AND
TATIANA INOCENTES
MODEL AVRIL/FUSION
MODEL MANAGEMENT
HAIR AND MAKEUP
SHAHNAZ COLA WRENSCH/
SUPERNOVA CREATIVE
MANAGEMENT (USING
DERMALOGICA)
**PRICES CORRECT AT
TIME OF GOING TO PRESS**
STOCKISTS ON PAGE 164



AFRO POP

Make like Andy Warhol and pop it like it's art with an amalgamation of Afri-inspired graphic motifs.

Dress R790, **ALBERTUS SWANEPOEL** at *Edgars*.
Sunglasses R1885, **DOLCE & GABBANA** at *Sunglass Hut*

TIP

Don't just stop at the bold pop art – we're talking bright hues in bubble-gum blue, roaring red, hot pink and lively lime.



THE

NEW

GIRL

DENIM EVERYTHING

All-over denim is
the new luxe look.

Jumpsuit R1199,
COUNTRY ROAD.
Hat R549, RIVER
ISLAND. Shoes
R499, FOSCHINI

TIP

Denim acts
like a blank
canvas so
go crazy
with strappy
heels and
quirky
accessories
– like this
snake-
print hat.

**YOUR STYLE
THIS SPRING:
WEAR IT, OWN
IT, KILL IT**

PHOTOGRAPHY DAMON FOURIE/
SUPERNova CREATIVE MANAGEMENT
FASHION BEV NATES

GET SHOPPING NOW!

Head to Cosmopolitan.co.za, search 'Zando' and find the latest fashion trends, chosen especially for you by COSMO fashion director Poppy Evans in partnership with Zando. Keep checking in for loads of instant discounts and flash special offers!

**CHECK,
PLEASE**

We love mini checks for a more retro, grid-like effect.

Dress R599, ET AL at
The Fashion Agent.
Hat R199, XOXO at
Zando. Scarf R375,
NICCI BOUTIQUES

TIP

Wear checks
in the colour
of the season
– mustard.



NAUTICAL NOW

A quirky update on the classic nautical look.

Top R249, **DONNA CLAIRE**.
Pants R1399, **COUNTRY ROAD**. Headscarf R375, **LULU BELLE**. Earrings R100, **COLETTE HAYMAN**.
Shoes R999, **STEVE MADDEN**

TIP

Wear navy, red and white in modern silhouettes.



RETRO REMIX

Have fun with '70s-inspired everything.

Dress R140, MRP.
Waistcoat R1350,
headscarf R700 and
beaded necklace R350,
all **NICCI BOUTIQUES**.
Jeans R649, **FOREVER 21**.
Earrings R129, **CALL IT
SPRING**. Gold necklace
R429 and shoes
R999, all **TOPSHOP**

TIP

Wear flared
jeans with
heels to make
your legs
look longer.

SPORTS SCENE

Athleisure is still
as sexy as ever.

Dress R1099 and
moon bag R449, both
RIVER ISLAND. Earrings
R100, **COLETTE HAYMAN**.
Shoes R2950, **SCHUTZ**
at Castelo

TIP

Add a modern
touch with a
moon bag –
the handbag
lover's
new BFF.





ECLECTIC MIX

Wear prints head-to-toe for a sharp, high-drama effect.

Shirt R899 and pants R899, both **TOPSHOP**. Cap R1099 and bag R399, both **H&M**. Shoes R499, **FOSCHINI**

TIP

Mix and match prints with dashes of the same colour for a seamlessly trendy look.



GINGHAM STYLE

Spring's It print?
Gingham, of
course. This time
around, we're
talking less picnic
and more pin-up.

*Shirt R1200,
TOMMY HILFINGER at
Stuttafords. Dress
R329, FOREVER 21.
Bag R1399, GUESS*

TIP

Add a biker
jacket and
heels.
Instant
glam!

PHOTOGRAPHER'S ASSISTANT
LUFÉZO THOMAS
FASHION ASSISTANTS
CLEO MARCOPOULOS
AND LARA MALAN
FASHION INTERN
CLARE ROBERTSON
MODEL GEENAY/FANJAM
MODEL MANAGEMENT
HAIR MARY GOUVEIA
MAKEUP RENEE DE WIT/
GLOSS ARTIST MANAGEMENT
(USING BOBBI BROWN)
PRICES CORRECT AT TIME
OF GOING TO PRESS
STOCKISTS ON PAGE 164

A-LIST BEAUTY

WE SWAPPED
SECRET FEEL-
GORGEOUS
HACKS WITH
FIVE OF SOUTH
AFRICA'S
BRIGHTEST
FEMALE STARS

WORDS JUANA PARATHYRAS
PHOTOGRAPHY
STEVE TANCHEL/RED HOT OPS
FASHION POPPY EVANS

PEARL THUSI BIG TEASE

Make a statement with bright lips and gorgeous black-and-gold smoky eyes. To balance the smokiness and the red lips, like we did for Pearl, line eyes (top and bottom) with black liner into a heavy cat's-eye shape with L'Oréal Infallible Never Fail Eyeliner (R145) Black, then smudge the line. Apply gold pigment, such as MAC Sized To Go Pigment (R130) Old Gold, over the lid, blending it up into the crease. Use a matte fire-engine red on lips. We love Chanel Rouge Allure Velvet Luminous Matte Lip Colour (R505) La Bouleversante.

WHAT'S YOUR BEAUTY MANTRA?

'I'm really only concerned with beauty when I have to be: at work or on shoots. It's in the moments that I don't care that I'm at my most comfortable – and that's when I feel the most beautiful.' ▶



*Top R999, GUESS.
Necklace R230, LOVISA*

Hair Tip

We prepped Pearl's hair with hot rollers for volume, then added clip-in extensions (try Clipinhair Extensions, from R1 350 at Clipinhair.co.za) before tonging the lot into big barrel curls. Allow your curls to set and cool, then run fingers through them for even more volume.

Hair Tip

If like Pearl you're celebrating your natural hair, scalp and hair health are essential. Oils are a great alternative to masks when massaged into the scalp – try Dr Miracle's Daily Moisturizing Gro Oil (R80).

PEARL MODIADIE CONTOUR QUEEN

If highlighters, illuminators and bronzers are not your BFFs yet, it's time. Spritz on Bobbi Brown Face Mist (R320) to boost hydration.

After applying foundation, swirl illuminator onto the high points where light naturally falls on your skin – browbones, cheekbones, the bridge of your nose, Cupid's bow and chin. We like how CK One Color Skin Illuminator (R260)

Hot instantly creates a soft, sculpted effect.

WHAT'S YOUR SIGNATURE LOOK?

'I'm a big fan of contouring. I love a contoured nose and cheeks – and bright lips in purple, orange or red. And I do winged eyeliner every single day.'

Cropped top R299 and jacket R749, both H&M. Shorts R349, COTTON ON. Earrings R130, body chain R190 and ring R160 (part of set), all LOVISA



NOMZAMO MBATHA **SKIN SIDE**

Great skin always starts with great skincare – and a solid basic routine (cleanser, moisturise, protect) is all you need. Use a skin-perfecting cleanser such as Neutrogena Visibly Clear Pore & Shine Daily Wash or the Visibly Clear Pore & Shine Daily Scrub (R79 each), and follow with a hard-working moisturiser such as Neutrogena Visibly Even Daily Moisturizer SPF30 (R140), which protects against sun damage.

WHAT TRICKS HAVE YOU LEARNT FROM MAKEUP ARTISTS?

'When I was shooting *Tell Me Sweet Something*, the makeup artists on set told me that bicarb on a pimple will kill it overnight. Mix it with a drop of water on your finger – it really works!' ▶

Mascara Tip

We gave Nomzamo Twiggy-inspired lashes by layering mascara on top and bottom, then pinching sections of lashes together to create the spiky finish.

Shirt R599, MANGO.
Shorts R699, MIX CLOTHING.
Headband R99, COLETTE
HAYMAN. Earrings R29,99, MRP.
Ring R160 (part of set), LOVISA

PABI MOLOI EYE ME

Browns are anything but boring on eyes, and are perfectly suited to the increasingly popular eye-contouring trend. Add a wash of colour to lids (with the lightest shade), a darker colour in the crease, and a highlighter on the browbone and in the inner corners of eyes. Finish with liner and mascara. We like Bourjois Smoky Stories Quad Eyeshadow (R150) Upside Brown, and Avon Super Extend Winged Out Mascara (R140) Raven Black.

WHAT BEAUTY TIP DID YOUR MOM GIVE YOU THAT YOU STILL FOLLOW RELIGIOUSLY?

'My mom is an obsessive water drinker, so from a young age I've understood that beauty is an inside job. You can't just put chemicals on your skin and expect something to happen. You have to be healthy from the inside.'

Lip Tip

Inspired by new-age lips that are less glossy and more dewy, we used a hydrating lip balm (try Avon Ultra Colour Tinted Lip Balm (R130) Protecting Peach) on Pabi's lips to enhance her natural colour, then dabbed on a nude lipstick. Our fave? Clinique Pop Lip Colour and Primer (R275) Nude Pop.

*Dress R899, H&M.
Necklaces, stylist's
own. Earrings R130
and rings R160 (part
of set), all LOVISA*



Lip Tip

We painted Omuhle's lips with a deep chocolate hue. To pull off this shade, prep lips with a gentle once-over with a toothbrush. Follow with a lip pencil and top with Elizabeth Arden Beautiful Color Moisturizing Lipstick (R220) Chocolate.

*Jumpsuit R\$899, H&M.
Earrings R\$39,99, MRP.
Necklace R\$270, LOVISA.
Cuff R\$249, ACCESSORIZE*

OMUHLE GELA BROW DOWN

These days there is only one brow rule: go big and bold! For gorgeously arched brows like Omuhle's, get a professional to shape yours. Amp up fullness by brushing them upwards, then fill in gaps with a pencil. Set with brow gel to keep them in place – try Catrice Eyebrow Filler & Perfecting Shaping Gel (R61,95).

WHAT'S THE BIGGEST BEAUTY MISTAKE YOU EVER MADE?

'I used black liner on my brows. They're already dark, so I looked like a clown. Also, I've used the wrong shade of foundation...' ■

CELEBRATE YOUR SHAPE

Salsa's new denim range accentuates the curves you want to flaunt. The choice is yours!

We all have a favourite pair of jeans – the one that seems moulded to our body after years of use. Finding a pair that has a flawless fit right away is virtually impossible – or it used to be!

Salsa has designed a range of 10 different fits. No matter which curve you want to accentuate, there's a cut that will look fierce on your body.

Leading the pack are the Push In and Shape Up cuts, which give you a tighter tummy and a lifted bum. The trendy, high-waisted Push In jeans fake the effect of an instant tummy-tuck. The Shape Up jeans are low-rise in the front but higher at the back, lifting, shaping and enhancing your sexy silhouette. Whether you're into skinny, slim or boot-cut jeans, there's a Push In or Shape Up to suit your style. Time to find your fave!

Salsa jeans are available at Salsa Rosebank Mall and at selected Edgars stores. For more info, call ☎ 0860 692 274. ■

SAFIYAH VALLY
Winner of the Salsa Model
Search Competition



SINDISWA GUMBI
Winner of the Salsa Model
Search Competition



CAREER & CASH



The Myth of the Queen Bee

The long-accepted notion that it's other women who stand in the way of our success has been overturned. New research says that, in the workplace, we *do* have each other's backs — and it makes all the difference ►

BY LAURA TWIGGS

The Queen: What Now?



The female boss who not only has zero interest in fostering careers of women who aim to follow in her footsteps but who might even actively attempt to cut them off at the pass'

is how *The Wall Street Journal* defined a Queen Bee. And since GL Staines, TE Jayaratne and C Tavis coined the term back in 1973, it's been accepted as 'truth': women don't want to see other women succeed.

From *The Devil Wears Prada* to *Mean Girls*, *Pretty Little Liars* and *Glee*, the Queen Bee has become as much a given as the notion that women don't support each other but compete. More than that, the same thinking says we actively undermine other women and deliberately block any chances they might have at advancement – which is why, according to this popular wisdom, there are so few women in senior roles.

Perhaps there was once some truth in this, says life coach Marcel D'Allende. 'It could be that women thought the only way to succeed and compete with men in a male-dominated environment was to behave like men,' she says. 'My impression is that even then they were not actively *against* other women; they were simply fighting for themselves first and foremost. I think the focus was therefore not necessarily on helping other women but rather on pioneering a mind shift in a male-dominant environment to embrace the idea of women in the workplace first.'

Now researchers at Columbia Business School in New York have overturned this idea and concluded that the real reason there are so few women in top positions isn't other women at all. Instead, it's men: they are determined to retain power at the highest levels. In reality, women do not put down female subordinates – it's actually the opposite.



WOMEN FOR WOMEN

The research findings are that women are more likely to make senior positions in companies where a woman had been appointed chief executive, and women's chances of making senior management drop by 50% when there are no other women already at that level.



'Firms seek to maintain a small number of women on their top management team, usually only one,' the researchers concluded. 'While firms gain legitimacy from having women in top management, the value of this legitimacy declines with each woman.'

Further research bears this out. According to Catalyst, a research and advisory organisation working to advance women in business, women are more likely to develop other women and people in general. *Forbes* magazine recently reported the results of a study by Jack Zenger and Joseph Folkman, which concluded that women make better leaders because they are better mentors.

It's time to put the Queen Bee myth to bed and do a serious reassessment. The myth has been drilled into us all to the extent that we're not even consciously aware of how much it's shaped our attitude and moulded our behaviour. Believing that other women regard us as a threat and won't hesitate to scupper any chance we may have of advancement makes it impossible to trust each other and unthinkable to show weakness or vulnerability. But it also means it's impossible to learn from each other, leaving fewer opportunities for personal and career growth.

Acknowledge the Queen Bee mentality as no more than a constructed social norm (and not fact), and a new and far less self-limiting 'women in the workplace' script can be written. As life coach Lungisa Sonqishe says, 'When you change your view of a situation, you change the situation.'



SUPPORT AND BE SUPPORTED

According to Sonqishe, there have always been women who inspire, uplift and encourage other women – and far from impeding their career, it's often one of the cornerstones of their success. 'We choose who we wish to become,' she says. 'In each choice lies the opportunity either to become the one who gives or the one who takes. Women have no choice but to support one another. You have to think of the big picture. This support is not just limited to women who work together in the same organisation but extends to women who support one another in business and in greater society, too.'

According to Helen Steptoe, management consultant for a major global company, sponsorship usually helps the progression and growth of junior ranks. 'Coached or mentored women benefit as more and more of them rise in the ranks and in turn are able to coach others,' she says.

You don't have to be in a senior position to offer support to others, says Sonqishe. Irrespective of where you are on the career ladder, supporting other women has enormous benefits – to you, your colleagues and the company – as well as knock-on benefits to greater society. 'Every woman can support another regardless of level or seniority,' says D'Allende. 'If you are someone who is leading others, you can make a point of providing encouragement and being open to support a junior or a peer. If you are (or feel you are) low in the ranks, speak up and ask for advice from someone you respect.'

Ask them whether they'd like to provide feedback, or mentor or coach you in a particular development area. Chances are they'll respect your initiative and self-motivation, and will welcome the chance to share their experiences for the benefit of another. Sharing will probably also give them a sense of satisfaction and purpose.'



GOOD FOR YOU!

The rewards are huge. Among them, says Glassdoor blog's Bonnie Low-Kramen, author of *Be The Ultimate Assistant*, is building strong long-term relationships with tomorrow's managers; making more money (you can learn how to negotiate salary from mentors); growing a powerful and increasingly influential network; fostering respect and loyalty; and having more fun at work by introducing a social element, such as working out with colleagues or meeting over a meal.

Sitting back and waiting for another woman to give you a hand up isn't the way to go. 'I meet women in senior positions who did not wait for someone else to create these positions for them,' says Sonqishe. 'They made it happen for themselves. South Africa needs more of this kind of woman – the woman who thinks differently and who thinks big. We need women who are tired of relying on the system to treat them fairly, and who have had enough of waiting for their turn to shine in the workplace. We need women with a different vision. You can become one of them – and help other women do the same.' ■

SUPPORTIVE CELEBS

These celebs know that there's no Queen Bee

SELENA GOMEZ

Remember when we thought Taylor Swift had sworn at the VMAs back in 2013? Selena refused point-blank to be drawn into what she had actually said. 'I think girls need to be more supportive of each other. I definitely

agree with that. I'm all about that,' she told the reporters who wanted her to dish the dirt.

RITA ORA ON TAYLOR

Even though Taylor is dating Rita's ex-boyfriend Calvin Harris, Rita still wants to support her.

'I think she's one of the most incredible songwriters of our generation,' she told *Noisey*. 'I'm a girl's girl. I support women ... it comes back to you.'

UNATHI MSENGANA

When the *Idols* judge was snapped without makeup and the photo

ended up on social media, many women lashed out at her for looking 'ugly' without makeup. Unathi calmly thanked some of her fans for their support, then made a bigger statement: 'I just worry about young women. We seem to love to destroy each other...'



A woman with curly hair is sitting on a wooden desk in a bright, modern office. She is wearing a light blue denim shirt over a white t-shirt and dark blue pants. She is holding a tablet computer with both hands and looking at the screen. The desk has a keyboard, a notebook, and some papers on it. A white ergonomic chair is in the foreground. Large windows in the background let in natural light.

HOW TO START A BUSINESS WHEN YOU ALREADY HAVE A JOB

YOU WANT TO START A BUSINESS BUT CAN'T EXACTLY QUIT YOUR NINE-TO-FIVE RIGHT NOW. THERE ARE BILLS TO PAY! HOW DO YOU CHASE YOUR ENTREPRENEURIAL FANTASIES FROM BEHIND A DESK?

BY LESLEY MARCHANT



Experts are calling them 'hybrid entrepreneurs': people who keep their nine-to-five while launching their own business. According to a study published in the *Academy Of Management Journal*, they're a third less likely to fail than those who start their own business without the safety net of a regular income. Working while nursing your start-up is a good idea – but how does it work?

INTEGRITY DILEMMA

'Balancing current employment time with starting a business can be overwhelming,' says Simon Anderson, career counsellor and director at Anderson Consulting. 'A major component of starting a business is putting a considerable amount of time into an idea that may never become profitable – it's risky.' You'll likely be faced with what Mariaan van Zyl, business coach at Strong Foundation, calls an 'integrity dilemma': temptation to focus all your energy on building your business versus a feeling of loyalty to your current employer. In this scenario, your employer should always win.

There's also the issue of ethics. It gets especially tricky when you're starting a business in the same field as your current job – you can't 'steal' ideas from the company, and poaching clients is also problematic. The company's intellectual property provision might protect against it, and you could unintentionally find yourself in a messy situation.

THINK ABOUT IT

The most important advice of all? Don't drop the ball at your current job. The last thing you want is to lose your consistent income while in the middle of starting something you're not 100% certain will be a success. 'Your current job should always take priority,' says Anderson. One of the biggest aspects of this, according to Van Zyl, is not to do your own tasks during your employer's time.

Also, if you want to know whether this experience is for you, make sure you have a thick skin. 'Personal resilience is a big factor,' says Van Zyl. Even if your start-up is headed for success, it will be a while before it generates enough income to match your previous salary. It's also surprisingly difficult to get financial assistance on board. 'Keep prioritising what needs to be done and stay disciplined,' says Van Zyl. 'But remember who's paying your salary!'

“Don't drop the ball at your current job. The last thing you want is to lose your consistent income while in the middle of starting something you're not 100% certain will be a success”

GET IT DONE

EVEN THOUGH IT MIGHT BE TOUGH – AND YOU SHOULDN'T LET YOUR EMPLOYER DOWN – IT'S NOT IMPOSSIBLE TO TRANSITION FROM FULL-TIME EMPLOYEE TO FULL-TIME EMPLOYER. HERE'S HOW TO GET STARTED

1 Be prepared to give it all you've got

You have a great idea and think you can make it work with a few spare hours over the weekend, but career counsellor Simon Anderson says you have to be willing to give a lot. Be excited about the risk you're taking but also understand why you're starting a business.

Don't forget to include family, friends and downtime in your list of intentions. You don't want your relationships to suffer.

5 Invest (some of) your salary into the business

Don't 'go big or go home'. The first two or three years might be very slow, but 'most of your income should be invested into your business to ensure optimal growth,' says Van Zyl. You also want some backup cash when you eventually decide to leave your current job. Be as frugal as you can and start saving – even if it means pulling money-savvy tricks such as moving back in with your parents to save on rent. Remember: your salary is now your start-up capital.

2 Write up a detailed business plan – with deadlines

A business plan will help you make sure your idea is solid and viable. Write down your vision and how you want to attain it. Include practical steps, a timeline and realistic goals, says business coach Mariaan van Zyl. Entrepreneur and author Jason Zook suggests setting daily, weekly and monthly deadlines. The more you can tick off, the better you'll feel.

6 Assess your skills and abilities

While you're still working, take inventory of your capabilities. What can you do well, on your own, at work? What do you usually need help with in the office? If you pay attention to these, it will help you understand what you'll be able to bring to the start-up yourself – and what you might need to outsource. It'll cut into your budget but it will save you time.

3 Dedicate specific hours to your start-up

'Determine a disciplined investment of time each week that will be spent building your business,' suggests Anderson. Working a full day is exhausting, but setting aside time dedicated solely to your own business must be done. Anderson recommends a minimum of two hours daily, or 10 to 12 hours per week. When working on your business after hours, says Zook, any and all distractions should be set aside: no e-mails, no phone notifications and definitely no Facebook.

7 Don't quit until your start-up is at critical mass

You might start thinking, 'I'm making some cash; I'm going to launch this thing outright next week,' and resign. Just hold on. 'Having the time to continue thinking things through and seeking the advice of others will greatly benefit your new business,' writes entrepreneur Ryan Robinson on his website *Ryrob.com*. Wait until you're making steady money before you think of quitting. ■

4 Set reachable goals

Zook says these goals can be in the form of 'intentions'. Think 'I intend to work full-time for another six months' and 'I intend to start living more frugally so I can put more money into my business.'

PROPERTY

FLIP IT WITHOUT FLIPPING OUT

AFFORDABLE, MINIMUM-EFFORT WAYS TO MAKE YOUR HOME MORE ATTRACTIVE TO BUYERS

Buying a home is so exciting (and daunting), it's pretty much an extreme sport. And just wait until you decide to sell it – for money. *All* the feelings.

If you want to make a wad of cash when selling your home, you may think you need to renovate. Going full *Extreme Makeover: Home Edition* may be a little out of your budget – but the good news is, that kind of thing won't necessarily impress buyers. As Anne Porter of Knight Frank property agents points out, 'Putting in a tennis court for R250 000 won't give you any more added value on the home.'

Here's how to lure in buyers – without having to break the bank.

► USE ELBOW GREASE

First impressions are important so a clean home is crucial. 'A neat and tidy house always stands out,' says Steve van Wyk, Seeff's principal in Centurion. Scrub the house from roof to garage, make sure there is no clutter, and dump anything old or unused. 'Stuff' takes up space and makes a home look neglected.

► FOCUS ON THE KITCHEN AND BATHROOMS

Pay special attention to the kitchen and bathrooms. The more modern the kitchen and bathrooms are, the better. Bleach the bath and toilets, and splurge on a few new tiles if you can. If you're pressed for time, let light in: ensure the windows are spotless and use energy-efficient, warm lighting.

► CHANGE THE FURNISHINGS

Look, new couches and dining tables are pricey – but consider replacing any smaller pieces that are especially old (such as curtains or rugs). Wash white curtains with bleach to return them to their old look and feel.

► KEEP IT NEUTRAL

Homeowners are naturally protective of the aesthetic of their house but when you're thinking of selling, bear in mind that not everyone will love that purple paint on the walls. Keeping things as neutral as possible is your best bet. 'White walls are safest but don't rush to paint your whole house,' says Porter. 'Focus just on what needs attention.'



► DON'T FORGET THE OUTSIDE

It's not just the inside that counts: buyers will notice everything from your garden to your driveway. Time to start weeding and mowing! 'Take a broom and clean up the area around your home – and around the neighbourhood,' says Porter. 'New buyers are looking at your home as well as the area it's in.'

► BE CENTS-ABLE – BUT DON'T SKIMP

Focus on a few problem areas and fix them properly. One mistake sellers make is to slap on cheap paint or fix broken items cheaply. 'Buyers are not fools. They buy by comparison, so they quickly see when things have been fixed in a slapdash way,' says Van Wyk. ■

Show Time!

HOW TO SPRUCE UP YOUR HOME FOR A SHOW DAY

- Scatter cushions add personality – make sure they're at their puffed-up best.
- Coffee-table books and magazines make the home look cosy and also add a bit of colour.
- The smell of coffee is very inviting. Have a pot on throughout the day. The same goes for oranges: peel them every hour.
- If it's winter and you have a fireplace, light it. It adds charm.
- Put fresh flowers around the house to make it look loved and lived in.

PHOTOGRAPHY /ISTOCKPHOTO.COM TEXT /SIBONGILE MAFU

SUMMER-READY FEET

Give your feet a Velvet Smooth luxury pedicure – at home!

Summer's almost here, which means it's time for bare feet on the beach. Best news? You don't have to fork out cash at a salon to get a professional pedi. Scholl's new Velvet Smooth range is ideal for DIY pedicures.

Scholl's new footcare range includes a **Velvet Smooth Electronic Foot File**, which removes calloused skin often caused by hard skin build-up during winter months. The file consists of a specially designed Micralumina™ roller that buffs away hard skin in minutes, leaving your feet perfectly smooth.

Scholl's new Velvet Smooth range is ideal for DIY pedicures

The range also comes with **foot-file refills** and **Scholl Velvet Smooth Essential Moisture Cream** to finish off. Don't neglect your feet just because you can't find the time to step into a salon – treat them with Scholl. ■



Scholl.co.za



SchollSA



MAKING STOKVELS WORK FOR YOU

STOKVELS AREN'T JUST FOR MOMS AND AUNTS – THEY COULD BE A VIABLE SAVINGS TECHNIQUE FOR YOU AND YOUR FRIENDS

You may have memories of family members trekking to monthly stokvel meetings, or the fancy spread of food in the kitchen when they took place at your house. Stokvels have been around since the 19th century, and are now gaining popularity among young women. According to the National Stokvel Association of South Africa (NASASA), more than 11-million people belong to one locally. NASASA has registered 110 000 stokvels, and an estimated R45-billion is held by 800 000 stokvel groups. It's no fleeting savings account. Here's how to set it up to work for you.

► Stok-what?

For anyone needing a recap, says NASASA CEO Andile Mazwai, 'A stokvel is a group of people who put their money together for a common purpose. The most common ones are savings clubs, burial schemes, grocery buying and travel groups.'



As a group, you set the goal and the rules, which will determine how much each person contributes and how often, and when the money will be paid out.

► Why they work

Stokvels are good savings plans for younger women. 'They work because some things are hard to do alone,' Mazwai says. 'If you share your dreams and goals with a group, it will motivate you.' Also, they're fun. 'Saving is dry,' he says. 'Instead, think of it as getting together with a few close friends (nice). You take turns hosting each other for meetings (better), you put money in a bank account (ka-ching), use half to buy a share portfolio (mo' ka-ching), and the other half to go away together for a girls' holiday (mo' better!).' Sounds good, right?

► Register legally

Your stokvel should be registered. NASASA made setting up of a stokvel easy – and free. 'The legal entity you create is a "voluntary association of individuals"

who are governed by their own constitution,' says Mazwai. (Check out Nasasa.co.za for a free template of such a constitution – it's vital that your constitution is watertight and properly drawn up.)

'Next, you need to register your group online,' he says. 'Thereafter, you can open a bank account in the name of the group.'

That means you don't just use the stokvel as a short-term savings plan. 'Many groups start out as consumption (rather than investment) groups, meaning they'll spend or distribute their savings,' he says. 'Soon they realise they can invest the savings too. NASASA has worked with Investment Solutions, who can give advice to stokvel groups.'

“IF YOU SHARE YOUR DREAMS AND GOALS WITH A GROUP, IT WILL MOTIVATE YOU”

► Find the right group

We've all heard the dreaded 'the treasurer stole our money!' drama. 'Stokvels are based on trust,' says Mazwai. 'Trust is built on good behaviour. A good constitution (set of rules) is the way to achieve this. Make sure you share values and agree on a common goal. We also advocate investing a portion of your contributions because building wealth is good for you.'

► Get the right account

'Don't keep your cash under the mattress or in a group member's personal account,' says Mazwai. To avoid the money being entrusted to (and tempting) one member, there are banking solutions geared specifically towards stokvel funds. Many of them work with a notice period, meaning the money will need to be requested in writing or in person to be made available. ■

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To honour the 10th birthday of one of the world's most iconic fragrances, COSMO is giving 13 lucky readers a Thierry Mugler Alien hamper worth R3 905. The original Alien fragrance is as iconic now as it was when it was released 10 years ago. This timeless amber-woody-floral creation, illuminated by the solar flower jasmine sambac, is truly out of this world. They say smell is the sense most closely linked with memory – this is a scent you want to be remembered by.

Thirteen readers will win a Thierry Mugler Alien fragrance hamper consisting of a 90ml refillable Alien Eau Extraordinaire EDT, a 90ml Alien Eau Extraordinaire EDT Eco Refill Bottle, a 60ml refillable Alien EDP and a 90ml Alien EDP Eco Refill Bottle.



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COMPETITION RULES **1** The prizes will go to the first correct entries drawn by means of a random generator, making the selection completely fair and free of bias. **2** Only one entry per person will be accepted, unless otherwise stated. **3** Entries close on 31 October 2015. **4** The outcome is final; no correspondence will be entered into. **5** The winners will be notified by means of the contact details provided to us. If we are, or a third-party supplier is, unable to contact the winner within five working days, the winner will forfeit the prize. Associated Hearst reserves the right to re-draw a new winner under the same conditions. **6** Staff members of Associated Hearst and its affiliates, Thierry Mugler, their advertising and promotion agencies and their immediate families may not enter. **7** The prizes are not transferable and cannot be converted into cash. **8** By providing your contact details, you're giving COSMOPOLITAN permission to communicate with you via these channels. **9** No person may enter a competition hosted partly or in whole by COSMOPOLITAN within three months of winning any competition hosted partly or in whole by COSMOPOLITAN. **10** For more terms and conditions, go to page 164 or visit Cosmopolitan.co.za/terms-conditions.

LOVE LIST

A man and a woman are shown in profile, kissing passionately in a lush green field. The man has dark hair and is wearing a blue sweater. The woman has short, bleached blonde hair and is wearing a black top and blue jeans. She has extensive tattoos on her arms, including floral designs and a large, intricate piece on her upper arm. The background is a soft-focus field of green grass and white wildflowers.

Fall in Love with Anyone...

JUST ASK THEM 36 QUESTIONS AND STARE
INTO THEIR EYES FOR FOUR MINUTES. TOO
GOOD TO BE TRUE? COSMO COLUMNIST
EMMA MARKEZIC TRIES IT ON FOR SIZE ►

LOVELUST

For a while, my love life has followed a pattern: boy meets girl, boy and girl have a handful of dates, boy gets busy, girl gets busy, boy stops calling girl, girl moves on. Everything kind of ... stalls. But, hey, there are Friday nights and Tinder and that guy my friend wants to set me up with. I've got options. Perhaps that's the problem – there is too much choice. We all wish falling in love was effortless, and when it isn't we shrug our shoulders and keep on trucking. But what if we put a bit of elbow grease into something to see where it goes? Enter the 36 Questions Experiment.

THIRTY-SIX WHAT NOW?

Okay, 36 questions to fall in love? It feels like one of those 'the one thing dermatologists don't want you to know!' Internet ads that's so obviously full of BS it needs a digital septic tank. It simply can't be that easy.

This highly practical approach to love originally came from a 1997 study – 'The Experimental Generation Of Interpersonal Closeness' – but is popular again thanks to an essay by writer Mandy Len Catron called 'To Fall In Love With Anyone, Do This'. Catchy title, right? Basically, it says intimacy between strangers can be accelerated by having them answer a set of questions, then stare at each other for several minutes. The suggested duration ranges from two minutes to four.

The first time someone tried it, two complete strangers fell in love and got married within six months. The second time? Catron got her man. Okay, you've got me. I'll try it.

TARGET ACQUIRED

I pick my subject: a dude I feel some feels for. This will be date number three and I suggest a local bar. I don't tell him what I have planned. Instead, I wait. We're three drinks in when he asks what new stories I'm working on. I casually say I'm searching for a hot guy to help me answer some questions. 'I'm a hot guy?' he says and smiles. Bingo.

I explain what the experiment is about, conveniently leaving out the falling-in-love part. I just say it helps 'fast-forward intimacy' – not exactly a lie. And we begin.

QUESTIONS, QUESTIONS

He agrees on the proviso that I answer the questions too. Reading from the list, he asks me, 'Given the choice of anyone in the world, who would you want as a dinner guest?' I panic and say the first thing that comes into my head: 'Bruce Willis, 'cos I've always wanted to rub his head.' Ah, crap. I move through the next few questions at high speed, and get my first real surprise from him at question five. 'When did you last sing to yourself? To someone else?' I ask. He serenaded his mom last week on the phone when she was ill. With a Disney tune. Oh, my ovaries!

As we continue, he tells me he likes my 'buoyancy' and the way I put a positive spin on everything. At first I'm chuffed by this – then I'm terrified that I'll never be able to be negative in front of him for fear of bursting the bubble. This exercise is fraught with danger. *Fraught*. The uncertainty passes by the time we get to question 16, and I notice that we're holding hands across the table. How did I not notice? I can't believe how much I'm enjoying his answers and how much of myself I'm giving away. This is so much fun.

Soon enough, it's time for the four minutes of glaring. We set a timer on my iPhone and get to it. It starts to feel weird after three seconds.

THE QUESTIONS, FROM 36QUESTIONSINLOVE.COM

- 1** Given the choice of anyone in the world, who would you want as a dinner guest?
- 2** Would you like to be famous? In what way?
- 3** Before making a phone call, do you ever rehearse what you are going to say? Why?
- 4** What would constitute a 'perfect' day for you?
- 5** When did you last sing to yourself? To someone else?

- 6** If you were able to live to the age of 90 and retain either the mind or the body of a 30-year-old for the last 60 years of your life, which would you want?
- 7** Do you have a secret hunch about how you will die?
- 8** Name three things the two of you have in common.
- 9** For what in your life do you feel most grateful?

- 10** If you could change anything about the way you were raised what would it be?
- 11** Take four minutes and tell your life story in as much detail as possible.
- 12** If you could wake up tomorrow having gained one quality or ability what would it be?
- 13** If a crystal ball could tell you the truth about yourself, your life, the future

- or anything else, what would you want to know?
- 14** Is there something you've dreamed about doing for a long time? Why haven't you done it?
- 15** What is the greatest accomplishment of your life?
- 16** What do you value most in a friendship?
- 17** What is your most treasured memory?

- 18** What is your most terrible memory?
- 19** If you knew that in one year you would die suddenly, would you change anything about the way you are living now? Why?
- 20** What does friendship mean to you?
- 21** What roles do love and affection play in your life?
- 22** Alternate sharing something you



At 30 seconds, I'm sure I'm sweating. Did I remember to pluck that chin hair?

This is intense. Damn, he's hot. Even his eyebrows are cute. Is he going to lean over and kiss me when the time is up? I really want him to. And he does. And it's *amazing*. We laugh but don't say a word. We stare at each other some more. Not because we have to but because it feels good. Man, I could stare at him forever.

'STARING AT HER WAS THE EASIEST PART – SHE HAS A GREAT FACE. WE COULD GO PLACES...'

THE VERDICT

If you don't have an editor breathing down your neck about deadlines, you're not likely to ask a guy you just met to do this. It would be too intense. But there's nothing to say you can't do it without the list and the timed ogling. When it feels right, just ask him about his life and tell him he can ask you whatever he wants, too. Pretty soon you'll be doing the exercise anyway. Just try to work some staring into the evening, all casual-like. The staring, Catron says, is the key to it all.

So what happened to us? We're at date six. Date five was one of the best I've ever had – I think because I feel so close to him. Am I falling for him? Honestly, yes. Is there a future? Only time will tell. In the meantime, I'll keep the list on my phone ... just in case.

WHAT HE THOUGHT

'A bro will do almost anything to get into a girl's pantaloons. I figured I'd let her ask the questions and she'd let me play with her fun bags. But it was actually really cool. I learnt things. Like, we have the same favourite movie and she thinks I have a great head. Yup, the actual shape and size of my head. Staring at her was the easiest part – she has a great face. I reckon we could go places. Pretty wondrous places, actually. This kind of felt like the tip of the iceberg...'

consider a positive characteristic of the person you're with. Share a total of five items each.

23 How close and warm is your family? Do you feel your childhood was happier than most other people's?

24 How do you feel about your relationship with your mother?

25 Make three true 'we' statements

each – for example, 'We are both in this room feeling...'

26 Complete this sentence, 'I wish I had someone with whom I could share...'

27 If you were going to become a close friend of the person you're with, share what would be important for him or her to know.

28 Tell the person you're with what you like about them. Be very honest, saying

things that you might not say to someone you just met.

29 Share an embarrassing moment in your life.

30 When did you last cry in front of another person? By yourself?

31 Tell the person you're with something you already like about them.

32 What, if anything, is too serious to be joked about?

33 If you were to die today without the opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them?

34 Your house containing everything you own catches fire. After saving your loved ones and pets you have time to make one final dash to save one item. What would it be? Why?

35 Of all the people in your family, whose death would you find most disturbing? Why?

36 Share a personal problem and ask how the person you're with would handle it. Also, ask them to reflect back to you how you seem to be feeling about the problem you've chosen.

Now look into each other's eyes for four minutes. Good luck! ■

A man with a beard and a woman with long hair are embracing each other. The man is wearing a white shirt with a floral pattern, and the woman is wearing a black cap, a denim jacket, and denim shorts. They are both smiling and looking at each other. The background is a soft, out-of-focus outdoor setting.

WHY IS

GHOSTING

STILL

THE **GHOST** BREAK-UP
— PULLING AWAY WITH
NO EXPLANATION — IS
A CONFUSING **TREND**
THAT DOESN'T SEEM
TO BE GOING ANYWHERE.
HERE'S HOW TO **COPE**
WHEN A DISAPPEARING
RELATIONSHIP STILL
HAUNTS YOU

BY LORI COHEN

HAUNTING

US?



Being broken up with sucks, period. The only solace is that usually you can see it coming.

Perhaps you've been fighting or have realised you want different things after that marriage-and-baby chat. Perhaps he sent a 'we need to talk' text. It hurts, but you have a little time to prepare.

When you're broken up with via a slow fade or 'ghost break-up', however, it's a shock – and very confusing. One minute you're planning a weekend away; the next he's not returning your texts and hasn't asked you out for weeks. There's no 'break-up' talk – just excuses, then silence as the relationship fades away.

This cruel way of exiting a relationship has been around for a while. When Russell Brand ended his marriage to Katy Perry in 2011 with one text, the two reportedly didn't talk for two years. Charlize Theron recently did it to Sean Penn, if tabloids are to be believed. Friends of the couple told *Hollywoodreporter.com* that, after they started butting heads (reportedly because of his drinking) at the Cannes Film Festival in May, Charlize simply stopped answering his phone calls.

The ghost break-up looks like it's here to stay and it's largely thanks to the rise of social-media dating, says Cape Town relationship coach Shelley Lewin. 'Such easy access to meeting new people is changing the way we see relationships, which are becoming a disposable commodity,' she explains. The people you interact with are not real to you, which makes it easy to dismiss relationships.

Whatever the reason is for ghost break-ups, they're hellish to handle. Here's what to do if the guy you've been dating suddenly disappears.

TAKE BACK THE POWER

Message or e-mail him saying you find it unacceptable that he left without communicating with you, and you'd have appreciated some clues as to why the relationship ended. Keep things simple, unemotional and rational. Alternatively, says Jo'burg transformational coach Robyn Aitken-Smith, write down your thoughts. 'This allows you to vent without putting yourself in a vulnerable position where you could get hurt even further,' she says.

DON'T QUESTION YOURSELF

A slow fade says more about the person doing it than it does about you. When Kerry Garner, 36, a Jo'burg teacher, fell victim to a slow fade after a romantic holiday with her partner of 10 months, it left her painfully insecure. 'You wonder what's happening and whether you're losing your mind,' she says. 'Now, months later, I can see that he wasn't over his previous relationship.' Overthinking what you might have done (or not done) can drive you nuts – so cut it out.

KEEP PERSPECTIVE

You need to define what the relationship was, says Lewin. 'You can't assume a few weeks of chatting equals a real relationship or that he was committed to you.' You may feel hurt, but building a fantasy about what the relationship was won't help you achieve closure.

JOIN THE DOTS

If you find yourself in a *Groundhog Day* of ghosted relationships, look for patterns. Have the relationships or men had anything in common? 'You don't need to tolerate bad behaviour,' Lewin says. 'If you're willing to be in a relationship where you're bending over backwards so someone will stay with you, you're setting yourself up for disappointment.'

DISTANCE YOURSELF

He's moved on: you can see it all over his Facebook feed. 'If you've been hurt, it's best to shelter yourself from unnecessary pain by not cyber-stalking him,' says Aitken-Smith. 'Take a break from social media for a few weeks until you feel stronger – and don't feel compelled to stay friends.'

GIVE UP THE SEARCH

You're always going to wonder why he split but you may have to accept that you are never going to have an adequate answer. 'You need to find a way to move forward alone by assuming

that whatever he's going through is his stuff, and doesn't involve you,' says Aitken-Smith. 'Work on your confidence, resilience and independence, and you will find yourself in a better place to be in a relationship.'

DON'T GO BACK

What if your Casper gets back in touch after weeks of silence? Should you give him another chance? 'No!' says Lewin emphatically. 'When people show you who they are the first time, believe them. If they've done it before, they'll do it again.'

TAKE SOLACE

Know that people who slow-fade out of a relationship often don't have a strong sense of character. Yahoo Health says they fade when they realise the relationship is going to 'seriously evolve unless they pump the brakes' or they're 'just not that into you'. In situations where one partner 'needs' more than the other individual is willing or able to give, they find it easier to simply begin backing away. But taking the easy way out does not bode well. 'Someone who leaves a relationship without having that conversation indicates an inability to communicate, emotional immaturity and a fear of commitment,' Lewin says.

AND IF YOU WANT OUT OF A RELATIONSHIP?

Don't ghost! Have a chat, explaining that you don't feel you're compatible and don't see it going anywhere, Lewin says. It may be a cringe-worthy conversation but it's not too hard to do in the interests of good dating karma. After all, no-one deserves to be spooked out of a relationship. ■

WHEN IT'S OKAY TO GHOST

ABUSE IS A VALID REASON TO 'GHOST' A PARTNER, SAYS ROBYN AITKEN-SMITH. 'NO CONTACT OR DISCUSSION IS NECESSARY. VICTIMS OF VERBAL AND PHYSICAL ABUSE SUFFER FROM TRAUMA BONDING, AND THIS MAKES THEM VERY VULNERABLE TO BEING REELED BACK INTO THE RELATIONSHIP. WALK AWAY!'

WANT TO KNOW WHAT
GUYS THINK? TWEET
YOUR QUESTION
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#ASKHIMANYTHING



Ask Them Any Thing

OUR GUY EXPERTS OF
THE MONTH, **GREG**
AND LUCKY FROM
94.7 HIGHVELD
STEREO, ANSWER
YOUR PRESSING
DUDE-RELATED
QUESTIONS



Q/ Guys often approach me at bars, and sometimes we really hit it off. But they almost never ask for my number. How can they like talking to me so much but never want to carry on?

A/ This could be a number of things. Perhaps he's just too shy to pluck up the courage to ask for your number and by the time he decides to ask, you've left the bar or you're talking to another guy.

Perhaps you referred to your cats one too many times as your 'little babies' – or maybe he was just being friendly. Men are coming up to you because you're obviously good-looking and approachable. You've won half the battle already. If you're also hitting it off, why not drop a subtle hint such as 'we should meet up again' or 'let's do drinks soon'. Let him know you want him to have your number.

Q/ MY BOYFRIEND IS GREAT – BUT HE'S REALLY IMMATURE. AT 27, HE STILL LAUGHS AT VERY SILLY JOKES AND WANTS TO PLAY DRINKING GAMES AT HIS FRIEND'S HOUSE ALL WEEKEND. CAN I SPEED UP HIS GROWING UP, OR DO I JUST HAVE TO WAIT FOR HIM TO COME RIGHT?

A/ Are you dating Greg (27 going on 18)? No, seriously, you probably need to let him know you're not a big fan of him disappearing all weekend, playing drinking games and talking shit with his mates. Just remember: a little fun never hurt anybody. Get involved in the drinking games – you might just feel young again. He'll come right soon – as soon as his hangovers aren't what they used to be but far worse...

Q/ I went on one date with a guy and, after dinner, he got really weird about the bill. I didn't offer to pay at first but when he looked at me strangely, I took out my wallet. Then he refused to take my money and paid – but he was really sulky about it. Did I do something wrong?

A/ All every man is looking for is 'the reach': look like you want to pay even if you're rummaging around your bag, tweeting about how you just went on the worst date ever. Guys want to take out a girl who is independent and not looking for a hand-out. We don't understand why he got cross with you – you did do 'the reach', after all. Perhaps he was on some weird power trip, showing you he can pay. Watch out: no-one wants to date a moody, manipulative man. Good luck.

Q/ What's the best way to make a move on a guy?

A/ You just have to make a gesture that won't leave him guessing: kiss him or type your number into his phone. That can be one of the biggest turn-ons for a guy – a fun, confident woman willing to put her neck on the line.

Q/ My best friend is dating the worst guy – he's rude and obnoxious. Do I tell her, or should I just let it go and try to get on with him?

A/ Try to get on with him. Remember: your friend is dating him, not you. If you can't stand the guy, let your bestie know that you'd rather not hang out when they're together. Be careful; this is touchy ground. Try to see what she sees in him. Next thing you know they're getting married and you've been demoted from maid of honour to #NotInvited... ■





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10 FUN, FREAKY SEX MOVES

Halloween shouldn't only be a big deal for Tim Burton. This year, conjure your own sexual spirits. Using costumes, candles, a few vials of human blood (jk) and a little imagination, you can have the sex of your wildest nightmares! **BY ROSE SURNOW**



LIGHT AS A FEATHER, STIFF AS A D

Lie on your back while your partner caresses your breasts with a feather, moving closer to your cave of wonders. Try to be as still as possible, while he ravishes you like a burger after gym. If you make a noise, you lose ... but you win an orgasm.



RATED X

Put on a dress sans undies, and hit the cinema for a horror flick. Sitting in the back with your partner-in-grind, wait for a tense movie moment to guide your lover's hand to your fun zone. While horrible things happen on screen, hot things will be happening between you two. No-one will know why you're *really* screaming.

DIRTY PICTURES

Ain't no shame in your naughty-costume game. Slip on some pin-up-style lingerie and let your BF take pics on your phone (not his). Pose on all fours, finger in the mouth, touching yourself. You'll feel like a sex kitten, and your man will be harder than Vin Diesel's thighs. (Remember the digital pic rule: if you want to save them, no faces!)



TRICK OR TREAT

A whipped-cream bikini seems like a good idea until your BF is halfway through your right boob and gets diabetes. So keep it subtle: dip your pinkie in Nutella and make him suck it off, or put drops of honey on his neck and lick. You'll be making seriously sweet love in no time.



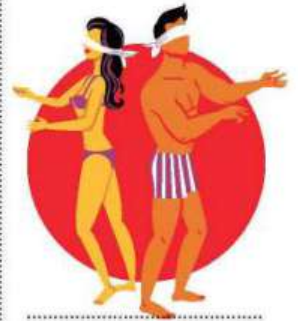


VAMP(IRE) IT UP

Suit up in some blood-red lingerie. Brush your teeth so they're nice and shiny. Then make like Sookie Stackhouse and pounce on him, nibbling on his neck and making your way downtown for a Boo-J. Lightly graze your teeth on his penis, alternating with a swirl of your tongue. Dead sexy.

SEE NO EVIL

Just because you can't see ghosts doesn't mean they don't exist. (They don't, though.) In this game, both you and your partner put on blindfolds and pretend to be sensual spirits. Try tricky positions such as 69 and reverse cowgirl. Groping around like a couple of idiots will make for a fun, silly romp.



MIND-F*CK

Halloween is all about make-believe. Why not get weird with a pervy-therapist fantasy? Lie on the patient couch and tell the therapist (aka lover) about how lonely and DTF you've been as he scoots closer and starts unbuttoning your shirt and kissing your neck and breasts. The more wrong it seems, the more right it will feel to have a quickie right there on the couch. ■



OUIJA-BOARD BANG

Nothing says Halloween like playing Ouija by candlelight. Although the game makes no sense and never works, bust it out for old times' sake and ask, 'How will I come next?' Then guide the answer depending on what you want. 'Oh, look! It spells sit on his face. How random!'



LAST TANGO IN THE STALL

Put on a flirty wig and a trench coat, and head to happy hour at your fanciest local bar. Meet your guy there but pretend you're total strangers. As the flirting gets intense, have him follow you to the (single stall!) bathroom. Lock the door, drop the coat, and let him push you against the wall for hot 'stranger' sex.



EDWARD SCISSORHANDS-Y

Your lover role-plays Eddie Sizz and you're Winona Ryder (finally!). Tie him up, binding his lawn-clipper claws — ahem, hands — above his head. Then kiss his entire body by candlelight, pausing to give him a classic, '90s-inspired hand job. Indulge in the drama by blasting The Cure and wearing purple crushed velvet. Go goth or go home, people!



YOUR GUIDE TO THE MALE BRAIN

manthropo

FOOLS OF
ATTRACTION

THE BIZARRE THINGS THAT TURN MEN ON

You never knew
a messy bun could
do it for him, did you?

'On the rare occasion
that I go to church,
I immediately notice
any girl who sings. It
is bold and so sexy.'
-DAVID*, 27

'Frizzy hair. It means
she's a woman who
gets ready fast.'
-MELVIN*, 29

'When a girl
normally wears
contacts and then
one day busts out
her glasses, it's like
I'm with this whole
other side of her.'
-JEREMY*, 28



'I really like the
way girls look in the
morning when they have
sleepy eyes. There's
something adorable about
how unguarded it is.'
-CHAD*, 20

GET SNAPPY

Quick! Score
some insight
from his
Snapchat pics
before they
self-destruct



The Fingertip Artiste

He wants you
to know he's, like,
super-creative.
But he does
score points
for relying on
more than just
a hot selfie to
impress you.



The Three- Second Snapper

His semi-nude
body says 'Can't
stop thinking
about you' but
the three-second
timer to view it
says '... and the
seven other girls
I'd like to sleep with.'



The Lurker

He sends
absolutely
nothing but
he's seen all
your stories.
A little creepy.
But there's
no question
that he's
into you.

logy

THE HUSSTLE

3 PHRASES THAT MAKE YOU HIS GF — NOT HIS HOOK-UP

Getting from point A (booty calls) to point B (BF, duh) is tricky business. Dating expert Matthew Hussey sends help

HE'S BRISTLING AT THE DTR (define the relationship) TALK.

SAY: 'I couldn't give AF about labels but I need to know what to say to guys who ask me out.'

WHY IT WORKS: A hint of competition goes a long way with guys. Reminding him he could lose you could be the kick in the ass he needs to see how good he has it.

HE CAN'T DECIDE WHAT HE WANTS.

SAY: 'That's okay — but if we don't know what we are next month, let's just stay friends.'

WHY IT WORKS: You're relaxed and not judgmental but willing to end things sans progress. Taking control is hot, and the idea that you'd downgrade him to 'friend'? Ouch.

HE PULLS THE 'I DON'T WANT A RELATIONSHIP' CARD.

SAY: 'I'm not asking for a ring; I just wanted to see where things go.'

WHY IT WORKS: Script flipped — now he's the drama queen. Spend less time with him. If he won't invest in you, he's not worthy.

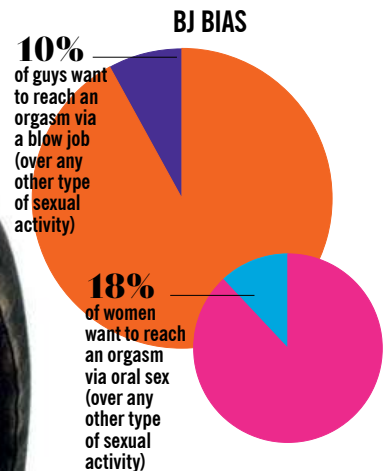
67

Percentage of South African men who don't really want to know how many guys you've slept with

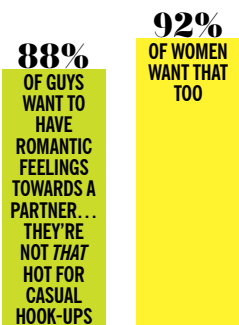
SOURCE: MEN'S HEALTH SEX SURVEY 2014

WHAT HE ACTUALLY WANTS IN BED

Rethink that wham-bam BS. His wish list looks a lot like ... yours



MAKING-LURVE MATTERS



FOREPLAY THAT LASTS ... AND LASTS



HE WANTS
18
MINUTES

YOU WANT
19
MINUTES ■

COSMO
COMPETITION

WIN

ONE OF TWO DIAMOND
RINGS WORTH R35 000
EACH, COURTESY OF
COSMO AND NWJ

If your hand is looking way too diamond-free, listen up. NWJ is the go-to brand for the finest jewellery at prices you can afford. It reflects international trends, interpreted for the South African market. This month, NWJ is giving away a 0,5ct diamond ring in 18ct white or yellow gold to two very lucky COSMO readers.

NWJ prides itself on producing the most exquisite jewellery at equally good prices. Two readers will win a pristine diamond ring worth R35 000.

**ENTER
& WIN**
QUESTION: HOW
MUCH IS EACH
RING WORTH?



PHOTOGRAPHY COFFEEANDMILK/GETTY IMAGES/GALLO IMAGES

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OF THE TRIBE**



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COMPETITION RULES **1** The prizes will go to the first correct entries drawn by means of a random generator, making the selection completely fair and free of bias. **2** Only one entry per person will be accepted, unless otherwise stated. **3** Entries close on 31 October 2015. **4** The outcome is final; no correspondence will be entered into. **5** The winners will be notified by means of the contact details provided to us. If we are, or a third-party supplier is, unable to contact the winner within five working days, the winner will forfeit the prize. Associated Hearst reserves the right to re-draw a new winner under the same conditions. **6** Staff members of Associated Hearst and its affiliates, NWJ, their advertising and promotion agencies and their immediate families may not enter. **7** The prizes are not transferable and cannot be converted into cash. **8** By providing your contact details, you're giving COSMOPOLITAN permission to communicate with you via these channels. **9** No person may enter a competition hosted partly or in whole by COSMOPOLITAN within three months of winning any competition hosted partly or in whole by COSMOPOLITAN.

10 For more terms and conditions, go to page 164 or visit Cosmopolitan.co.za/terms-conditions.

LIFE HACKS

YOUR HALLOWEEN GUIDE

WANT TO THROW THE MOST
SCARILY PERFECT BASH EVER?
FOR YOU: THREE PARTIES, THREE
THEMES, THREE TIMES THE FUN;
WITH LOVE FROM THE COSMO TEAM



COSMO
HALLOWEEN

DÍA DE LOS MUERTOS (DAY OF THE DEAD)

Sugar skull-inspired makeup

Let's face it: this theme is just an excellent excuse to do cool makeup and eat Mexican food. Nothing wrong with that!

Recipe

MARGARITA

It's quick, it's delicious and it's Mexico's finest creation. Rub the rim of a glass with a lemon or lime slice to make salt stick to it. Shake two parts tequila with one part lime or lemon juice and one part orange-flavoured liqueur such as triple sec. Serve over ice, garnished with a fruit slice.



BUY

Sugar & Vice Sugar Skull Bowl (R299 at Superbalist)

GUACAMOLE

3 ripe avocado pears
¼ red onion, finely chopped
½ jalapeño pepper, minced
¼ cup coriander, chopped
Pinch of coarse salt
Juice of one lime

Spoon the avos into a mixing bowl. Add the onion, jalapeño, coriander and salt, and combine. Add the lime juice and stir gently.

SALSA

1 clove garlic, finely chopped
1 onion, finely chopped
3 tomatoes, finely chopped
1 lime, juiced
½t chilli powder
1T coriander, chopped
½t ground cumin
Salt and pepper

Mix together, and enjoy with chips or tacos.

SOURCE: ALLRECIPES.CO.UK



Party Idea

BEEF TACO

700g beef mince
1t ground cumin
1½ cups salsa
¾t salt
8 taco shells
1 avocado, diced
½ cup sour cream
1 cup coriander, chopped

Fry beef over medium heat until browned (six to eight minutes). Stir in the cumin, one cup of the salsa and salt. Cook, stirring occasionally, until heated through (three minutes). Fill the taco shells with the beef mixture and top with the avocado, sour cream, coriander, and remaining ½ cup of salsa.

SOURCE: REALSIMPLE.COM



BUY

Serve drinks in festive Sagaform Fantasy Glasses (R129 for four at Superbalist)

Cotton Cable LED Battery String Lights (R199 at Superbalist)



AMERICAN HORROR STORY

Keep food carnival-y, with basics such as hot dogs, candyfloss and pizza. Spruce up your venue with toy clowns, fans, feather boas and top hats – and let the guests decorate themselves with your decor!

PICKLE RELISH

Recipe

2 cups cucumber, finely chopped
 ½ cup onion, finely chopped
 Salt
 ½ cup white vinegar
 ¼ cup sugar
 1t cornflour dissolved in 1t water

Mix cucumber and onion with ¾ teaspoon salt in a sieve and drain for three hours. Squeeze liquid from cucumber and onion with a cloth. Bring vinegar, sugar, and ¼ teaspoon salt to a boil, stirring until sugar has dissolved, then boil until reduced to about ½ cup. Add cucumber-onion mixture and simmer for two minutes. Stir the cornflour mixture, then stir it into relish for another minute. Transfer relish to a bowl and chill, uncovered, until cold (about 1½ hours).

SOURCE: EPICURIUS.COM



PINK CASHMERE COCKTAIL

It's a mad scientist's experiment come to life. This shape-shifting drink was dreamed up at Sage restaurant at the Aria hotel in Las Vegas. In a shaker filled with ice, mix 60ml Grey Goose Cherry Noir vodka, 25ml lime juice, 15ml golden syrup and 30ml cranberry juice. Place a puff of candyfloss in a glass. Pour the cocktail over the candyfloss. Ooh and aah as it melts into the drink...

RED POPCORN

8 cups air-popped popcorn
 ¼ cup butter
 ½ cup sugar
 ¼ cup simple sugar syrup (5 parts sugar dissolved in 1 part hot water)
 100g unsweetened red gelatine

Preheat oven to 150°C. Grease a baking tray with cooking oil, and set aside. Place the popcorn in a large bowl. Melt the butter, sugar, syrup and gelatine together in a small pot over medium heat. Bring the mixture to a boil, then reduce the heat and allow to simmer for five minutes. Pour over the popcorn and stir so every piece is coated. Spread the popcorn on the baking tray, and bake for 10 minutes. ▶

SOURCE: WIKIHOW.COM



BUY

Bella Hot Air Popcorn Maker (R399 at Superbalist)

TRICK OR TREAT!

Fill three opaque shot glasses with a 'treat' shot (something yummy) and three with a 'trick' shot (pure gin will do). Each player rolls a dice, and has to drink whatever shot number they land on. When the glasses are refilled, shuffle them around.



BUY

Decorate with a Light Up Star Wall Light and Light Up Arrow Wall Light (R300 each at MRP Home)

COSMO

HALLOWEEN

Recipe

CHOCOLATE PUDDING

½ cup white sugar
⅓ cup unsweetened cocoa powder
3T cornflour
2 cups milk
2t vanilla extract

In a microwave-safe bowl, whisk together the sugar, cocoa and cornflour. Whisk in milk a little at a time so the mixture does not have any dry lumps. Place in the microwave, and cook for three minutes on high. Stir, then cook at one-minute intervals, stirring between cooking times, for four minutes, or until shiny and thick. Stir in vanilla. Place a piece of plastic wrap directly on the surface of the pudding to prevent a skin from forming, and chill in the fridge. Serve cold with fresh berries.

SOURCE: ALLRECIPES.COM

DRINK ME

Fill small jars with your favourite drink, and attach *Alice In Wonderland*-inspired 'Drink Me' labels. On a tray next to the shots, decorate plain biscuits with 'Eat Me' written in icing.

Party Idea



THE WICKED QUEEN

Shake one part Disaronno liqueur (or Amaretto) with two parts white vermouth and two parts lime juice. Pour over crushed ice, top with Prosecco and drizzle with Bols Blue.



BUY

Medium Wood Lantern (R230 at MRP Home)



SNOW WHITE'S TOFFEE APPLES

Lollipop sticks
15 apples (red and green)
400g caster sugar
350g golden syrup
350ml water

Lightly grease a few baking trays and insert the sticks into whole, stemmed apples. In a medium saucepan over medium-high heat, combine the sugar, syrup and water. Heat to 150°C or until a small amount of the syrup dropped into cold water forms hard, brittle threads. Remove from heat and, holding each apple by its stick, dip into the syrup and coat evenly. Place on the prepared trays to harden. ■

SOURCE: ALLRECIPES.CO.UK



Maleficent

TWISTED FAIRY TALE

Create a creepy atmosphere with the help of your favourite childhood stories gone very wrong. Decorate the room with old books, fake spiderwebs and anything related to fairy tales: *Snow White's* broken mirrors, *Cinderella's* pumpkins – the possibilities are endless!

BUY

Hanging Rose Ball (from R39,99 at MRP Home)



Cotton Cable LED Battery String Lights (R199 at Superbalist)



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WHEN YOUR COSTUME GAME

These celebs know how to rock a Halloween





Rihanna as a Ninja Turtle

THE SUPERHERO

IS STRONG
outfit. Take notes!



Coco Austin as a 'soldier'

THE LINGERIE-OR-COSTUME



Heidi Klum always wins at Halloween — here she is as a (skinless) human

THE BEST EVER

On Halloween, women can be more than just sexy nurses. Here are some badass feminist costume options:



ROSIE THE RIVETER

Cultural icon and symbol of feminism, Rosie the Riveter is an iconic Halloween option — just ask Beyoncé, who dressed up as Rosie last year and posted the pics on Instagram.

DO IT A white tee, a denim shirt (sleeves rolled up), a red bandanna and a strong-arm pose.



THULI MADONSELA

Our public protector is doing her best to call out government wrongs, one fire pool at a time.

DO IT Keep it smart with a black jacket and a pearl or beaded necklace. Use your hands a lot when you talk — and don't stand for any BS.

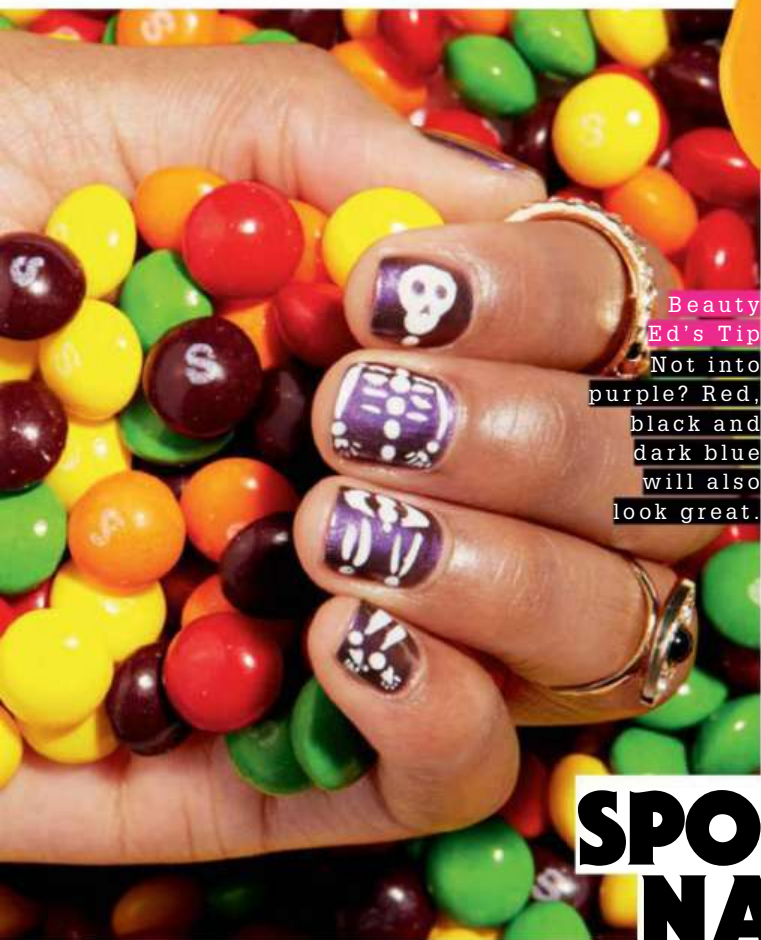


AMELIA EARHART

The first female to fly solo across the Atlantic Ocean in 1932, Amelia was a member of the National Woman's Party, which lobbied for equal rights for women.

DO IT A brown leather jacket, long slacks and pilot goggles. ■

PHOTOGRAPHY: REX FEATURES, WIRE IMAGE/GETTY IMAGES/GALLO IMAGES, DAVID M. BENNETT/GETTY IMAGES, GALLO IMAGES, STEFANIE KEENAN/GETTY IMAGES/GALLO IMAGES, NEW YORK TIMES CO/GETTY IMAGES, GALLO IMAGES, MPI/GETTY IMAGES/GALLO IMAGES. TEXT: KIM GARNER AND GUGU MHLUNGU



Beauty
Ed's Tip
Not into
purple? Red,
black and
dark blue
will also
look great.



RIMMEL 60 Seconds Super
Shine Nail Enamel by Rita Ora
(R49,95 each) Tangerine Tent,
Daisy Days and White Hot Love

CANDY CORN

Indulge your sweet tooth with the cutest candy ombre. Paint nails white, then use the narrow end of a wedge sponge to dab a stripe of orange polish in the middle of each nail. Repeat with yellow on the tips.



PHOTOGRAPHY JOSHUA PESTKA/STUDIO D, PETER ROSA/STUDIO D,
J MUCKLE/STUDIO D TEXT JILLIAN RUFFO PRICES CORRECT AT TIME
OF GOING TO PRESS PRICES ARE RECOMMENDED RETAIL PRICES

SPOOKY NAILS

SKELETON

Let your nails rock the coolest costume: paint on two coats of purple, letting them dry, then use a thin brush dipped in white polish to draw parts of the skeleton's body sideways on each nail, so they connect from your pointer to your pinkie.

ESSIE
Nail Polish
(R125) Blanc

SALLY HANSEN
Complete Salon
Manicure (R89,95)
Plum's The Word



Trick out your tips with a mani that will score you extra treats this Halloween



RIMMEL 60 Seconds
Nail Polish (R49,95)
Hot Black To Go

FRANKENSTEIN

STEP 1 Channel your inner monster: paint on two coats of matte green polish and let them dry.

TRY Sally Hansen Complete Salon Manicure (R89,95) Grass Slipper

STEP 2 Use a striping brush to create zigzags at the cuticles, then paint on a mouth by drawing a line with slashes through it.

STEP 3 Time for googly eyes! Dab on two white circles with a dotting tool and let them dry. For the pupils, add two tiny black dots in the centre.

TRY Avon Angled Nail Decoration Brush (R49,95); Avon Nail Decoration Tool (R49,95) ■



fright night

Get into the Halloween spirit with Sally Hansen

1

prep

Sally Hansen Nailgrowth Miracle helps protect for longer, stronger, more beautiful nails.

Sally Hansen Nailgrowth Miracle (R110*)



2

colour

Sally Hansen Hard As Nails Xtreme Wear gives you Xtreme Colour and Shine. Try this bewitching orange-and-black combo.

Sally Hansen Hard As Nails Xtreme Wear (R49,95*) Sunkissed
Sally Hansen Hard As Nails Xtreme Wear (R49,95*) Black Out



3

set

Sally Hansen Big Shiny Top Coat prevents nail colour from fading and enhances your manicure with a high-gloss shine.

Sally Hansen Big Shiny Top Coat (R79,95*)



For a step-by-step guide to creating this mani, search 'Sally Hansen mani' at Cosmopolitan.co.za

Sally Hansen

For more info go to za.sallyhansen.com
*Recommended retail price



1 GET SEWED

Online fashion star Amy Venter of Jane Sew's has opened a bricks-and-mortar store off her studio at The Design Factory at 39 Station Drive in Durban. Catch her clothing and accessories there, and at Janesews.co.za.

2 BOOK IT DAY FOUR

A budget cruise liner loses power, leaving no way to call for help. Load-shedding was never this scary! It's a wicked page-turner by home-grown horror scribe Sarah Lotz. R308 at *Exclusive Books*



3 LOAF AROUND

at artisan eatery Loaves on Long in the heart of the Mother City. Carb-cravers can unite at this home of freshly baked breads, cakes and pastries. 33 Long Street; ☎ 021 422 3353, Loavesonlong.co.za

12 THINGS TO DO THIS MONTH

4 GET GEOMETRIC

Add colour to your home with a bright Fractal Geometric Bear Print. Available in various sizes. Buy it, frame it, mount it on the wall. R129 at *Superbalist*



DANCE, DANCE, DANCE ▶

Time for hip-hop in the park: Old Mutual Music in the Gardens comes to the Walter Sisulu National Botanical Garden in Pretoria on 4 October, featuring AKA (right), Tresor and Yanga. Tickets R50 at Sanbi.org/levents.

4TH STREET IS GIVING AWAY 10 DOUBLE TICKETS TO OLD MUTUAL MUSIC IN THE GARDENS ON 4 OCTOBER. GO TO COSMOPOLITAN.CO.ZA TO ENTER.



▶ HAVE A HOOT

Never battle tangled wires again with these adorable Pylones earphones and cord winder. Even the Pocket Pixies (they exist!) won't manage to mess these up. R250 at *Happy Gifts*

6 SLAM IT

Meet Africa's hottest slam poets and sister wordsmiths at Poetry Africa festival, 12 to 17 October at Durban's Elizabeth Sneddon Theatre and BAT Centre. More info at Cca.ukzn.ac.za.



8

TAKE A LOOK

THE MARTIAN With five South Africans on the shortlist for the Mars One space programme, don't miss this exploration of what happens when just such a mission leaves an astronaut (Matt Damon) stranded on the planet, 225-million kilometres from home. A survivalist drama with heart.



THE HOMESMAN Tommy Lee Jones is in the director's saddle of this 'feminist western' about a tough woman (Hilary Swank) who pressures a drifter (Jones) to help escort home three pioneer women who've had nervous breakdowns from the harshness of frontier life.

9 HEAR IT OUT

INFERNO by ChianoSky takes a look at the unforgettable romance of the '60s and early '70s. Expect classic disco, pop and funk with a unique, celestial influence.



10 THROW IN THE TOWEL

Use your laundry as a punching bag – big enough to hold a heavy load and tough enough to withstand crap-day aggression. Plus it's cool. R350 at Big Blue



11

WINE ABOUT IT

Jo'burg wine bar Ace + Pearl serves up wine, vermouth and (oh, yes!) grilled cheese in a modern spot: think lots of wood and bare bulbs. Shop 8 Albans Square, 357 Jan Smuts Avenue; Acepearl.com

12

ROCK THOSE DAISIES!

RTD turns 10 this year – celebrate with your crew at Cloof Wine Estate in Darling from 1 to 4 October. Tickets R950 at Rockingthedaisies.com. ■



ADVERTISEMENT PROMOTION

5 SNEAKY PARTY HACKS

HAVING A PARTY AND NEED LAST-MINUTE IDEAS? 4TH STREET HAS YOU COVERED WITH THESE HASSLE-FREE PARTY TIPS



4th STREET
see you there

www.4thstreet.co.za



1 NO-FUSS DESSERT

Having a dinner party? Pre-scoop ice cream into cupcake holders and put in the freezer. Serve on the day.

2 BRAAI MASTER

Ask how people want their burger done, then write 'medium' or 'well' on the bun with tomato sauce, so you don't forget when you're cooking.

3 BIN SOLUTION

Outdoor party? Put a 'dirty dishes' sign on a large ice tub, so everyone can put their used dishes in it and you don't have to run around and clear up.

4 BALLOON FUN

Keep your 4th Street White cool in a glass ice bucket with frozen coloured water balloons instead of ice. So pretty!

5 TOOL TRICK

Tie a bottle opener to the handle of the ice bucket for easy access. ■



DON'T FORGET!

Phone? Check. Keys? Check. Lipstick? Check. But there's one more thing you need in your party purse before you and your squad are good to go: a breathalyser. After all, you'd much rather be reading results off your own personal test than one belonging to a Metro cop. Get the AlcoScan AL2500 Personal Breathalyser at Takealot for R499. It's worth it!



Drunk Text Saviour

This one does more than just prevent you from contacting that guy you know you shouldn't be messing with: it increases the size of your text font so your hazy eyes can focus, and the warning meter lets you know when your message starts taking a turn for the weird (think a ton of spelling mistakes and one too many F-bombs). Also, audio playback lets you hear your message before you send it. *Free on iTunes*



Circle Of 6

Fact: when you drink, you become much more vulnerable. This app lets you choose six trusted people to be your emergency contacts if you find yourself in a potentially dangerous situation. If you're out and you lose track of your group of mates, the app allows you to send a 'come and get me' message along with a map showing your exact location. *Free on iTunes and Google Play* ■

Drinking Buddies

A NIGHT OUT SHOULD BE FUN, FULL STOP. THESE SUPER-SMART APPS WILL MAKE SURE THINGS DON'T END BADLY (AND YOU DON'T WAKE UP WITH REGRETS)



Drunk Mode

This is the perfect app if drunk you can't be trusted with a phone full of contacts. The app hides selected phone contacts (like, you know, exes) so you can't call these people for 12 hours. It also allows you to track friends via GPS so nobody tipsy gets left behind.

Plus it shows you exactly where you went the night before – no *The Hangover*-style plot here. If you want to disable it sooner, solve a maths equation. *Free on iTunes and Google Play*



Alcohol Monitor: BAC Calculator

This app helps you keep track of when it's okay to

drive again after a bit of drinking. You enter your details (including height and weight) and then enter your drinks into the app as you finish them. If you're not driving for the night, make sure the designated driver keeps track of her liquid intake on the app as well. *Free on iTunes*

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CLICKS+
COSMO
Cover Girl
WORKSHOPS

COSMO knows what makes the perfect cover girl. At our recent masterclasses, we chose to share some of our expertise with COSMO girls around the country so they could find their signature style – which they're now rocking! Check out how we took four of our readers from pretty gorgeous to fashion killers. ▶



IN ASSOCIATION WITH

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contact lenses

wet n wild
sorbet
got that feeling
VIDAL SASSOON

BLACK OPAAL
AFRI TRUE
BOURJOIS PARIS

JOHN FRIEDA
LONDON PARIS NEW YORK
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LEE stafford

BaByliss TONI&GUY
MAX FACTOR X HASK®
BIODERMA LABORATOIRE DERMATOLOGIQUE
Perfectil



Bourjois
1 Seconde
Gel Nail
Enamel
(R99,95)
Lavande
Esquise



Babyliss
Dual Curl Hair
Straightener
(R459)

BOMBSHELL LOCKS

For a volume boost that doesn't weigh your hair down, try John Frieda's Luxurious Volume All-Day Hold Hairspray (R99) – a lightweight spritz that won't leave hair greasy or dehydrated. Follow with John Frieda Frizz Ease Secret Agent Touch-Up Crème (R99) to control flyaways.

ALSO TRY:

John Frieda Luxurious Volume Root Booster Blow Dry Lotion (R95); John Frieda Full Repair Repairing Oil Elixir (R110); John Frieda Full Repair Strengthen + Restore Shampoo and Conditioner (R95 each)

AURELIA-LYNN

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WRONG WITH
**A FLIRTY
SIDE-FRINGER**
FOR SUMMER
– SEXY, FUN
AND FEARLESS

ROCK YOUR CONTACTS



**Air Optix Colors
Contact Lenses:
Brown**

*Eye exam may be required.
Professional fees may apply,
as defined by optometrist*

Bourjois Flower
Perfection
Translucent
Smoothing
Primer (R140)



Bioderma
Sébium Pore
Refiner (R230)

Bourjois
Contour
Clubbing
Waterproof
Eyeliner
(R99,95)
Ultra Black



Bourjois
So Laque
Glossy Nail
Enamel (R99,95)
Prepp Hibiscus



TO GET THE
LOOK, YOU'LL
NEED THESE
BOURJOIS,
BIODERMA AND
JOHN FRIEDA
PRODUCTS



Babyliss Pro Light
Hairdryer (R559)



Alcon Air Optix Colors
Breathable Contact Lenses
are available at optometrists

Bourjois
Little Round
Pot Blush (R135)
Lilas d'Or



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Glossfinity
Nail Polish
(R85,95)
Sugar Pink

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SPF 50+**
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Peaux sensibles
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Max Factor
Excess
Shimmer
Eyeshadow
(R130) Copper

Max Factor Face
Finity All Day Flawless
3 in 1 Foundation SPF
20 (R220) Toffee

Max Factor
Bronzing Powder
(R130) Bronze

**ROCK YOUR
CONTACTS**



**Air Optix Colors
Contact Lenses:
Green**

*Eye exam may be required.
Professional fees may apply,
as defined by optometrist*

TO GET THE
LOOK, YOU'LL
NEED THESE
MAX FACTOR,
BIODERMA AND
LEE STAFFORD
PRODUCTS

Bioderma Photoderm
Max SPF50+ Dry Touch
Cream (R209)

Max Factor
Masterpiece
Glamour Extensions
Volumising Mascara
(R110) Black

Max Factor
Colour
Intensifying
Balm (R110)
Classy Cherry

PAULA

**Max
Factor**
Face Finity
All Day
Primer
SPF20
(R185)

Max Factor
Liquid
Effect Pencil
(R99,95)
Black Fire



SMOKY EYES
PAIRED WITH
**PINK-TINTED
LIPS**
= PERFECT GLAM
FOR INSTAGRAM
THAT WORKS BOTH
DAY AND NIGHT

Max Factor Creme
Puff Blush (R120)
Nude Mauve



**CURLS
FOR DAYS**

Maintain glossy texture
and bouncy curls with Lee
Stafford Here Come The
Curls Crème Lite (R105),
which moisturises, adds
volume and fights frizz.

ALSO TRY:

Lee Stafford Arganoil
From Morocco Nourishing
Miracle Oil (R170); Vidal
Sassoon Volume Brilliance
Diffuser Dryer (R289) ▶



THIRONA

Mega Impact
Mascara (R47,95)
Very Black



Color Icon
Single Eyeshadow
(R28,95) Panther



Glassy
Gloss Lip
Gel (R49,95)
This Too
Shall Glass



Color Icon
Brow Pencil
(R47,95)
Brunettes
Do It Better



IF BRIGHT LIP
SHADES ARE TOO
LOUD FOR YOU,
**A BOLD
PINK MANI**
WILL ADD EYE-
CATCHING COLOUR
TO A SEXY LBD

**ROCK YOUR
CONTACTS**



**Air Optix Colors
Contact Lenses:
Honey**

*Eye exam may be required.
Professional fees may apply,
as defined by optometrist*



Color Icon Eyeshadow Trio
(R69,95) I'm Getting Sunburned

Wild Shine
Nail Colour
(R23,95)
Lavendar
Crème



TO GET THE
LOOK, YOU'LL
NEED THESE
WET N WILD
PRODUCTS

Megaslicks
Balm Stain
Moisturizing Lip
Colour (R53,95)
Red-ioactive



Color Icon Bronzer
SPF 15 (R99,95)
Bikini Contest



**TOUSLED
WAVES**

For sexy curls, Safeway's Hair Curling Tong (R199) creates light, natural-looking waves with just the right amount of volume. Remember to twist sections of hair around the wand and away from your face.

ALSO TRY:

Toni&Guy Professional Flawless
Finish 230C Straightener(R589)



ADVERTISEMENT
PROMOTION

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Readers around the country had a blast
at the Clicks COSMO Cover Girl workshops



Mache Booyse and Bernelee
Booyse show off their covers

Hair products used to get the perfect look



Participants left with great goodie bags



Zeenat Laher and Zakiyyah Laher with nail
artists Thando Mahlangu and Sibongile Skosana



Aperol cocktails ended off an
incredible day of transformation

Mentor model
Candice Boucher



PHOTOGRAPHY JURIE SENEKAL

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EDITORIAL/ONLINE

SENIOR ONLINE CONTENT MANAGER

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MANAGING EDITOR **Melissa Attridge**

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Head office: 21 St John's Street, Cape Town 8001. PO Box 5355, Cape Town 8000;

☎ 021 464 6200 (Editorial/Promotions), e-mail cosmopolitan@assocmedia.co.za;

On The Dot helpline ☎ 0861 000 423, e-mail magazinedeliveries@onthedot.co.za;

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Zahieda Grobbelaar, Samson Mtonga

HEAD OFFICE (CAPE TOWN) **Fifth Floor,**

Associated Media Publishing, 21 St John's Street,

Gardens, Cape Town 8001, ☎ 021 464 6200

JOHANNESBURG BUREAU First Floor, South

Wing, No 3 Sandown Valley Crescent, Sandton

2196, ☎ 011 783 5500

SUBSCRIPTIONS AND BACK COPIES

On The Dot ☎ 0861 000 423; foreign

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Where more than one entry is received from the same person or e-mail address, only the first entry received will be deemed valid. 4 No cash alternative to the prizes will be offered. The prizes are not transferable. 5 Entrants must reside (live) in South Africa. 6 It is your responsibility to ensure that any information you provide to us is accurate, complete and up to date. 7 If you use a mobile phone for entry into a competition, the telephone calls/text messages you make will be charged at the prevailing rates, which may vary from time to time. 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October is a quiet month. Saturn is still prominent, asking you to balance stability with excitement as you reap the results of everything you've done in the past, good or bad. You could feel compelled to offer compassion and service, especially towards the elderly or sick.



24/10–22/11

YOUR MONTH

Think back over the past nine months to see what you still need to get done this year. Keep your long-term ambitions in focus. Love? Try not to be too critical – especially from the 9th, when Venus moves into Virgo. Romance will come through friends or online. Keep it light!

SCORPIO GUY

He'll be feeling introspective, looking at the positives and negatives of this year so far, and making plans for future success – in his typically passionate way.



23/11–22/12

YOUR MONTH

As you rush to take your life to new heights, you still need to keep a close eye on your health and fitness as Venus, your health planet, moves into Virgo. Your ambitions are coming true and you'll need all your strength to keep up. Opportunities for romance are everywhere.

SAGITTARIUS GUY

He's very busy making money, taking his career to the next level and achieving all of his many ambitions. Remind him that he needs to stay fit – for work and for life.



23/12–20/01

YOUR MONTH

When your health planet, Mercury, moves forward on the 10th, you'll have more energy and be ready to focus on your career in an organised, steady way. Look after your finances – they can be changeable but they do improve from the 24th. Travel (business and pleasure) is well-starred. Love = friendship with a touch of naughty sex.

CAPRICORN GUY

Don't expect extravagance and accept that this is the month of business travel – he expects you to support his ambitions.



21/01–19/02

YOUR MONTH

Your career is taking off, with a promotion or raise potentially on the way. Your ideas for business partnerships are also successful, with everyone giving you the support you need. You could find love this month while on holiday or with someone from a different country/culture. Keep it fun.

AQUARIUS GUY

He's thrilled about the direction his professional life is taking, so don't be surprised if he spends more time at the office. Be ready to listen, and indulge his fantasies just a tiny bit...



20/02–20/03

YOUR MONTH

With hard work and support from associates and friends, you should see improvement in your finances around mid-month. Business partnerships and joint ventures are well-starred too. Love? This really is your month, with great social and romantic opportunities flooding in.

PISCES GUY

He's working very hard and using his social skills to create even more opportunities, which could include you. He's in romantic mode – his mind might not be on sex.



21/03–20/04

YOUR MONTH

Use your social skills to further your career, look into working overseas, meet with associates from different countries and expand your training. Your finances are looking good so enjoy yourself too. Meet up with friends, socialise with colleagues – and get involved in a fast, furious love dance.

ARIES GUY

He's using his social circle to give his career a boost, so be ready to join him at dinners and events. His love appetite is also stronger than usual.



21/04–21/05

YOUR MONTH

Your love planet Pluto is bringing more romantic opportunities than you thought possible. You just ooze sex appeal! At work you need to get your head down to deal with boring, routine tasks – but don't let that stop you from using your creative talents to achieve all your aspirations and dreams.

TAURUS GUY

He is highly sexual at the moment, so if you don't want him, someone else will. Luckily his finances are improving, which will also help take his mind off his boring job.

SCORPIO

SAGITTARI

CAPRICOR

AQUARIUS

PISCES

ARIES

TAURUS

OPES



22/05–21/06

YOUR MONTH

Jupiter is working with Pluto, which means your health gets a huge boost. Just as well, as you are in social mode – ready for love, romance and passionate sex. Remember to give love as well as take it. Make necessary changes at work to reflect what you really want to do. Time to stop dreaming and be practical!

GEMINI GUY

His health is better than usual; he's full of energy too. Although he's in the mood for hot sex and romance, he might not be demonstrative – you'll just have to show him!



22/06–23/07

YOUR MONTH

Saturn, your love planet, is telling you to be practical when it comes to love – and you should now be getting all the support and commitment you want, from your guy and from your family. Your colleagues seem like family too, as they support your career aspirations. For once, hot sex doesn't seem as important as cosy cuddles.

CANCER GUY

If you're in love with this guy, be happy with his practical attitude towards love, sex and commitment. Make yourself indispensable!



24/07–23/08

YOUR MONTH

You can talk anyone into anything this month. Using charm and practical good sense, you'll make all the money you need. If you want to buy a computer or a car, now is the time. Your family and domestic scene become more important from the 24th. Love? Be innovative in everything you do.

LEO GUY

His charm and communication skills are sharp. He'll be able to convince you to do anything and everything for him ... and he won't be shy!



24/08–23/09

YOUR MONTH

You're on a financial high – use it to show your power and that you aren't to be trifled with. If this means new clothes or a new hairstyle, go for it! Use your charm on everyone from your colleagues to your boyfriend. Changes in your love life should reflect the real you; be practical and decide what you want.

VIRGO GUY

He's certainly making money this month, so encourage him to spend some on himself and his wardrobe. Love-wise, he's all charm – let him be in charge.



DAKOTA JOHNSON
04/10



24/09–23/10

Relax and have fun this month – just remember that owning your power and reaching your personal goals is in your best interests. Being Venus-ruled, you love to indulge in all the 'good' things but this is also a great month for getting your body back in shape. Balance in your love life is needed too; think passion with a touch of spirituality. ■

THE LIBRA GUY

Donald Glover
25/09



As he strives to attain his personal goals, the last thing he needs is jealousy or angst from his partner. He needs to relax and have fun, so make your sex life passionate.



GEMINI

CANCER

LEO

VIRGO

QUIZ

Do You Need a Holiday?

1

During meetings you're usually:

- ☐ A Suggesting mergers and acquisitions.
- ☐ B Slow on the draw, resulting in your (much louder, more enthusiastic) co-worker cutting you off.
- ☐ C Checking your Apple watch and fantasy-projecting into your ex's beachy Instagram posts.

2

When we say 'Monday', you think:

- ☐ A 'Let's do this thing!'
- ☐ B 'I said I had the flu last week. Today I'll use the bad-sushi excuse.'
- ☐ C 'When did I become a *Cathy* cartoon?'

3

When your boss acknowledges you, it usually goes something like this:

- ☐ A 'Oooh, you look so tanned. . . And nice work today.'
- ☐ B 'You've been quiet. Do you have anything to add?'
- ☐ C 'I'm a bit concerned about you. I've made an appointment for you with HR.'

4

The last time you took a holiday, which president was in office?

- ☐ A Zuma.
- ☐ B Mbeki.
- ☐ C Pretty sure Madiba had just got in.

5

How often do you Skype at work?

- ☐ A On breaks, with friends.
- ☐ B You occasionally message co-workers for a bitching sesh.
- ☐ C Why...?



THE BREAKDOWN

MOSTLY As CHECKED AND BALANCED

Damn. Work/life is the hardest balance since the invention of the stiletto and your combination of working hard and playing hard is stellar. You know that holidays and self-care are key to thinking like a ninja. You take the ups, downs and stale bagels of work in stride — a true indication of a long, kick-ass career.

MOSTLY Bs CURABLE BURNOUT

While you're not in code red for a week in the bush just yet, you're getting there. Your body is at the office but your brain is AWOL, and you're praying your boss doesn't notice. Don't let inertia win! Commit to a getaway in the next few months — and with that to look forward to, get your head back in the game.

MOSTLY Cs GTF ON HOLIDAY ASAP

Do you even remember what the sun feels like? You're running on empty, and the later you wait to crash, the worse it'll be. Holidays aren't a sign of weakness — they're a way to recharge your batteries and return as the employee of anybody's dreams. Go surf Airbnb. Right now. ■





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KURT GEIGER

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